

Diet and Nutrition

Concept

Diet and Nutrition


Bread

Concept


Bread

Items

- [599 - How often did you eat bread, cereal, pretzels, rice, or pasta yesterday?](#)
- [667 - Yesterday, did you eat bread, rolls, bagels, tortillas, crackers, or English muffins?](#)

 [599 - How often did you eat bread, cereal, pretzels, rice, or pasta yesterday?](#)

How often did you eat bread, cereal, pretzels, rice, or pasta yesterday?

 [667 - Yesterday, did you eat bread, rolls, bagels, tortillas, crackers, or English muffins?](#)

Yesterday, did you eat bread, rolls, bagels, tortillas, crackers, or English muffins?

Breakfast


Concept

Breakfast


Items

- [632 - Yesterday, did you eat breakfast bars or breakfast tarts?](#)
- [633 - What type of breakfast bars or breakfast tarts did you eat?](#)
- [646 - What do you usually have for breakfast on a weekday morning? Milk](#)
- [647 - What do you usually have for breakfast on a weekday morning? coffee or tea](#)
- [648 - What do you usually have for breakfast on a weekday morning? Cereal](#)
- [649 - What do you usually have for breakfast on a weekday morning? fruit, juice](#)
- [650 - What do you usually have for breakfast on a weekday morning? Eggs](#)


- 651 - What do you usually have for breakfast on a weekday morning? Meat
- 652 - What do you usually have for breakfast on a weekday morning? snack foods
- 653 - What do you usually have for breakfast on a weekday morning? bread, toast, or rolls
- 654 - What do you usually have for breakfast on a weekday morning? other items
- 655 - What do you usually have for breakfast on a weekday morning? nothing
- 698 - In the last seven days, on how many days did you eat breakfast?
- 706 - On how many of the past seven days did you eat breakfast—that is, a meal within an hour of getting up?

 632 - Yesterday, did you eat breakfast bars or breakfast tarts?

Yesterday, did you eat breakfast bars or breakfast tarts?

 633 - What type of breakfast bars or breakfast tarts did you eat?


What type of breakfast bars or breakfast tarts did you eat?

 646 - What do you usually have for breakfast on a weekday morning? Milk

What do you usually have for breakfast on a weekday morning? Milk

 647 - What do you usually have for breakfast on a weekday morning? coffee or tea


What do you usually have for breakfast on a weekday morning? coffee or tea

 648 - What do you usually have for breakfast on a weekday morning? Cereal


What do you usually have for breakfast on a weekday morning? Cereal

 649 - What do you usually have for breakfast on a weekday morning? fruit, juice

What do you usually have for breakfast on a weekday morning? fruit, juice

 650 - What do you usually have for breakfast on a weekday morning? Eggs

What do you usually have for breakfast on a weekday morning? Eggs

 651 - What do you usually have for breakfast on a weekday morning? Meat

What do you usually have for breakfast on a weekday morning? Meat

652 - What do you usually have for breakfast on a weekday morning? snack foods

What do you usually have for breakfast on a weekday morning? snack foods

653 - What do you usually have for breakfast on a weekday morning? bread, toast, or rolls

What do you usually have for breakfast on a weekday morning? bread, toast, or rolls

654 - What do you usually have for breakfast on a weekday morning? other items

What do you usually have for breakfast on a weekday morning? other items

655 - What do you usually have for breakfast on a weekday morning? nothing

What do you usually have for breakfast on a weekday morning? nothing

698 - In the last seven days, on how many days did you eat breakfast?

In the last seven days, on how many days did you eat breakfast?

706 - On how many of the past seven days did you eat breakfast--that is, a meal within an hour of getting up?

On how many of the past seven days did you eat breakfast--that is, a meal within an hour of getting up?

Caffeine

Concept

Caffeine

Items

- 694 - Did you drink a caffeinated beverage (e.g., coffee, tea or soda) in the past 24 hours?
- 695 - At what time did you last drink a caffeinated beverage? Hour
- 696 - At what time did you last drink a caffeinated beverage? Minute
- 697 - At what time did you last drink a caffeinated beverage? am/pm

694 - Did you drink a caffeinated beverage (e.g., coffee, tea or soda) in the past 24 hours?

Did you drink a caffeinated beverage (e.g., coffee, tea or soda) in the past 24 hours?

 695 - At what time did you last drink a caffeinated beverage? Hour

At what time did you last drink a caffeinated beverage? Hour

 696 - At what time did you last drink a caffeinated beverage? Minute

At what time did you last drink a caffeinated beverage? Minute

 697 - At what time did you last drink a caffeinated beverage? am/pm

At what time did you last drink a caffeinated beverage? am/pm

 Carbonated Beverages

Concept

Carbonated Beverages

Items

- [603 - Did you drink soft drinks or mixers, such as tonic water or club soda, etc.?](#)
- [604 - What type of soft drinks or mixers did you drink?](#)

 603 - Did you drink soft drinks or mixers, such as tonic water or club soda, etc.?

Did you drink soft drinks or mixers, such as tonic water or club soda, etc.?

 604 - What type of soft drinks or mixers did you drink?

What type of soft drinks or mixers did you drink?


 Cereal

Concept

Cereal

Items

- 631 - Yesterday, did you eat breakfast cereal?

 631 - Yesterday, did you eat breakfast cereal?

Yesterday, did you eat breakfast cereal?


 Condiments

Concept

Condiments

Items


- 681 - Yesterday, did you eat butter or margarine?
- 682 - What type of butter or margarine did you eat?
- 683 - Yesterday, did you eat salad dressing?
- 684 - What type of salad dressing did you eat?
- 685 - With anything you ate yesterday, including sandwiches, did you use mayonnaise or sandwich spread?
- 686 - What type of mayonnaise or sandwich spread did you eat?

 681 - Yesterday, did you eat butter or margarine?

Yesterday, did you eat butter or margarine?

 682 - What type of butter or margarine did you eat?

What type of butter or margarine did you eat?

 683 - Yesterday, did you eat salad dressing?

Yesterday, did you eat salad dressing?

 684 - What type of salad dressing did you eat?

What type of salad dressing did you eat?

685 - With anything you ate yesterday, including sandwiches, did you use mayonnaise or sandwich spread?

With anything you ate yesterday, including sandwiches, did you use mayonnaise or sandwich spread?

686 - What type of mayonnaise or sandwich spread did you eat?

What type of mayonnaise or sandwich spread did you eat?

Dairy

Concept

Dairy

Items

- 596 - How often did you drink milk, or eat yogurt, or cheese yesterday?
- 601 - Did you drink milk, including milk poured on cereal or dessert?
- 602 - What type of milk did you drink?
- 663 - Yesterday, did you eat yogurt or cottage cheese?
- 664 - What type of yogurt or cottage cheese did you eat?
- 665 - Yesterday, did you eat cheese, processed cheese, or cheese spreads?
- 666 - What type of cheese did you eat?

596 - How often did you drink milk, or eat yogurt, or cheese yesterday?

How often did you drink milk, or eat yogurt, or cheese yesterday?

601 - Did you drink milk, including milk poured on cereal or dessert?

Did you drink milk, including milk poured on cereal or dessert?

602 - What type of milk did you drink?

What type of milk did you drink?

663 - Yesterday, did you eat yogurt or cottage cheese?

Yesterday, did you eat yogurt or cottage cheese?

 664 - What type of yogurt or cottage cheese did you eat?

What type of yogurt or cottage cheese did you eat?

 665 - Yesterday, did you eat cheese, processed cheese, or cheese spreads?

Yesterday, did you eat cheese, processed cheese, or cheese spreads?

 666 - What type of cheese did you eat?

What type of cheese did you eat?

 Dessert

Concept

Dessert

Items

- 600 - How often did you eat bread, cereal, doughnuts, pie, or cake yesterday?
- 634 - Did you eat doughnuts, sweet rolls, muffins, or pastries?
- 635 - What type of doughnuts, sweet rolls, muffins, or pastries did you eat?
- 673 - Yesterday, did you eat cookies, brownies, cake or pie?
- 674 - What type of cookies, brownies, cake or pie did you eat?
- 676 - Yesterday, did you eat ice cream?
- 677 - What type of ice cream did you eat?
- 678 - Yesterday, did you eat frozen yogurt?
- 679 - What type of frozen yogurt did you eat?
- 680 - Yesterday, did you eat chocolate bars or candy?

 600 - How often did you eat bread, cereal, doughnuts, pie, or cake yesterday?


How often did you eat bread, cereal, doughnuts, pie, or cake yesterday?

 634 - Did you eat doughnuts, sweet rolls, muffins, or pastries?

Did you eat doughnuts, sweet rolls, muffins, or pastries?

 635 - What type of doughnuts, sweet rolls, muffins, or pastries did you eat?

What type of doughnuts, sweet rolls, muffins, or pastries did you eat?

 673 - Yesterday, did you eat cookies, brownies, cake or pie?

Yesterday, did you eat cookies, brownies, cake or pie?

 674 - What type of cookies, brownies, cake or pie did you eat?


What type of cookies, brownies, cake or pie did you eat?

 676 - Yesterday, did you eat ice cream?

Yesterday, did you eat ice cream?

 677 - What type of ice cream did you eat?


What type of ice cream did you eat?

 678 - Yesterday, did you eat frozen yogurt?

Yesterday, did you eat frozen yogurt?

 679 - What type of frozen yogurt did you eat?

What type of frozen yogurt did you eat?

 680 - Yesterday, did you eat chocolate bars or candy?

Yesterday, did you eat chocolate bars or candy?


 Diet Drinks

Concept

Diet Drinks

Items

- 690 - In the past 7 days, how many diet or low-calorie drinks did you have?

 690 - In the past 7 days, how many diet or low-calorie drinks did you have?

In the past 7 days, how many diet or low-calorie drinks did you have?


 Dinner

Concept

Dinner

Items

- 700 - In the last seven days, on how many days did you eat dinner/supper?

 700 - In the last seven days, on how many days did you eat dinner/supper?

In the last seven days, on how many days did you eat dinner/supper?


 Experiences

Concept


Experiences

Items

- 703 - In the past seven days, have you eaten so much in a short period that you would have been embarrassed if others had seen you do it?
- 704 - In the past seven days, have you been afraid to start eating because you thought you wouldn't be able to stop or control your eating?

 703 - In the past seven days, have you eaten so much in a short period that you would have been embarrassed if others had seen you do it?

In the past seven days, have you eaten so much in a short period that you would have been embarrassed if others had seen you do it?

 704 - In the past seven days, have you been afraid to start eating because you thought you wouldn't be able to stop or control your eating?

In the past seven days, have you been afraid to start eating because you thought you wouldn't be able to stop or control your eating?

Fast Food

Concept


Fast Food

Items

- 687 - In the last seven days, on how many days did you eat at a fast food type place?
- 688 - How many times in the past seven days did you eat food from a fast food restaurant?

 687 - In the last seven days, on how many days did you eat at a fast food type place?

In the last seven days, on how many days did you eat at a fast food type place?

 688 - How many times in the past seven days did you eat food from a fast food restaurant?

How many times in the past seven days did you eat food from a fast food restaurant?

Fruit

Concept

Fruit

Items


- 597 - How often did you eat fruit or drink fruit juice yesterday?
- 610 - Yesterday, did you eat apples, applesauce, pears, or pineapple?
- 611 - Yesterday, did you eat bananas, plantains, grapes, berries, or cherries?
- 612 - Yesterday, did you eat cantaloupes, melons, mangoes, or papayas?
- 613 - Yesterday, did you eat oranges, grapefruit, tangerines, or kiwis?
- 614 - Yesterday, did you eat peaches, plums, nectarines, or apricots?
- 615 - Yesterday, did you eat raisins or dried fruit?
- 617 - Yesterday, did you eat avocados?

 597 - How often did you eat fruit or drink fruit juice yesterday?

How often did you eat fruit or drink fruit juice yesterday?

 610 - Yesterday, did you eat apples, applesauce, pears, or pineapple?

Yesterday, did you eat apples, applesauce, pears, or pineapple?

 611 - Yesterday, did you eat bananas, plantains, grapes, berries, or cherries?

Yesterday, did you eat bananas, plantains, grapes, berries, or cherries?

 612 - Yesterday, did you eat cantaloupes, melons, mangoes, or papayas?


Yesterday, did you eat cantaloupes, melons, mangoes, or papayas?

 613 - Yesterday, did you eat oranges, grapefruit, tangerines, or kiwis?


Yesterday, did you eat oranges, grapefruit, tangerines, or kiwis?

 614 - Yesterday, did you eat peaches, plums, nectarines, or apricots?

Yesterday, did you eat peaches, plums, nectarines, or apricots?

 615 - Yesterday, did you eat raisins or dried fruit?

Yesterday, did you eat raisins or dried fruit?

 617 - Yesterday, did you eat avocados?

Yesterday, did you eat avocados?

 Fruit Juice

Concept

Fruit Juice

Items

- [605 - Did you drink 100% orange, grapefruit, or tomato juice?](#)
- [606 - Did you drink other 100% fruit juice, not including fruit-flavored drinks?](#)

 605 - Did you drink 100% orange, grapefruit, or tomato juice?

Did you drink 100% orange, grapefruit, or tomato juice?

 606 - Did you drink other 100% fruit juice, not including fruit-flavored drinks?

Did you drink other 100% fruit juice, not including fruit-flavored drinks?


 General

Concept


General

Items


- 691 - At what time did you last eat or drink anything other than water including sugar-containing candy or gum? hour
- 692 - At what time did you last eat or drink anything other than water including sugar-containing candy or gum? Minute
- 693 - At what time did you last eat or drink anything other than water including sugar-containing candy or gum? am/pm

 691 - At what time did you last eat or drink anything other than water including sugar-containing candy or gum? hour

At what time did you last eat or drink anything other than water including sugar-containing candy or gum? hour

 692 - At what time did you last eat or drink anything other than water including sugar-containing candy or gum? Minute

At what time did you last eat or drink anything other than water including sugar-containing candy or gum? Minute

 693 - At what time did you last eat or drink anything other than water including sugar-containing candy or gum? am/pm

At what time did you last eat or drink anything other than water including sugar-containing candy or gum? am/pm

 Junk Food

Concept

Junk Food

Items

- [670 - Yesterday, did you eat french fries?](#)
- [672 - Yesterday, did you eat potato chips, corn chips, tortilla chips, pretzels, or popcorn?](#)

 670 - Yesterday, did you eat french fries?

Yesterday, did you eat french fries?

 672 - Yesterday, did you eat potato chips, corn chips, tortilla chips, pretzels, or popcorn?

Yesterday, did you eat potato chips, corn chips, tortilla chips, pretzels, or popcorn?


 Lunch

Concept

Lunch

Items

- [699 - In the last seven days, on how many days did you eat lunch?](#)

 699 - In the last seven days, on how many days did you eat lunch?

In the last seven days, on how many days did you eat lunch?

 Meat

Concept

Meat

Items

- 636 - Did you eat hot dogs or frankfurters?
- 637 - What type of hot dogs or frankfurters did you eat?
- 638 - Did you eat ground meat or hamburger?
- 639 - What type of ground meat or hamburger did you eat?
- 640 - Did you eat roast beef, steak, pork, or lamb?
- 643 - Did you eat chicken or turkey?
- 644 - Was the chicken or turkey you ate fried?
- 645 - Did you eat canned tuna fish?
- 656 - What type of canned tuna fish did you eat?
- 657 - How was the canned tuna fish prepared?
- 658 - Did you eat other fish or seafood?
- 659 - Was the fish or seafood you ate fried?
- 660 - Yesterday, did you eat cold cuts, luncheon meats, or ham?
- 661 - Yesterday, did you eat bacon, sausage, or chorizo?
- 662 - Yesterday, did you eat eggs?

 636 - Did you eat hot dogs or frankfurters?

Did you eat hot dogs or frankfurters?

 637 - What type of hot dogs or frankfurters did you eat?


What type of hot dogs or frankfurters did you eat?

 638 - Did you eat ground meat or hamburger?


Did you eat ground meat or hamburger?

 639 - What type of ground meat or hamburger did you eat?

What type of ground meat or hamburger did you eat?

 640 - Did you eat roast beef, steak, pork, or lamb?

Did you eat roast beef, steak, pork, or lamb?

 643 - Did you eat chicken or turkey?

Did you eat chicken or turkey?

 644 - Was the chicken or turkey you ate fried?

Was the chicken or turkey you ate fried?

 645 - Did you eat canned tuna fish?


Did you eat canned tuna fish?

 656 - What type of canned tuna fish did you eat?

What type of canned tuna fish did you eat?

 657 - How was the canned tuna fish prepared?

How was the canned tuna fish prepared?

 658 - Did you eat other fish or seafood?


Did you eat other fish or seafood?

 659 - Was the fish or seafood you ate fried?


Was the fish or seafood you ate fried?

 660 - Yesterday, did you eat cold cuts, luncheon meats, or ham?

Yesterday, did you eat cold cuts, luncheon meats, or ham?

 661 - Yesterday, did you eat bacon, sausage, or chorizo?

Yesterday, did you eat bacon, sausage, or chorizo?

 662 - Yesterday, did you eat eggs?

Yesterday, did you eat eggs?


 Pasta

Concept

Pasta

Items

- [668 - Yesterday, did you eat spaghetti, pasta, or noodles?](#)

 668 - Yesterday, did you eat spaghetti, pasta, or noodles?

Yesterday, did you eat spaghetti, pasta, or noodles?


 Peanuts

Concept

Peanuts

Items

- [675 - Yesterday, did you eat peanut butter, peanuts, or other nuts?](#)

 675 - Yesterday, did you eat peanut butter, peanuts, or other nuts?

Yesterday, did you eat peanut butter, peanuts, or other nuts?

 Pizza

Concept


Pizza

Items

- [641 - Did you eat pizza?](#)
- [642 - What type of pizza did you eat?](#)

 641 - Did you eat pizza?

Did you eat pizza?

 642 - What type of pizza did you eat?

What type of pizza did you eat?

 Rice

Concept

Rice

Items

- [669 - Yesterday, did you eat rice?](#)

 669 - Yesterday, did you eat rice?

Yesterday, did you eat rice?

 Sweetened/Sports Drinks

Concept

Sweetened/Sports Drinks

Items


- [607 - Did you drink Koolaid, fruit-flavored drinks, Gatoraid, or other sport drinks?](#)
- [608 - What type of sport drinks did you drink?](#)
- [689 - In the past 7 days, how many regular \(non-diet\) sweetened drinks did you have?](#)

 607 - Did you drink Koolaid, fruit-flavored drinks, Gatoraid, or other sport drinks?

Did you drink Koolaid, fruit-flavored drinks, Gatoraid, or other sport drinks?

 608 - What type of sport drinks did you drink?

What type of sport drinks did you drink?

 689 - In the past 7 days, how many regular (non-diet) sweetened drinks did you have?

In the past 7 days, how many regular (non-diet) sweetened drinks did you have?

Tofu

Concept

Tofu

Items

- [628 - Yesterday, did you eat tofu?](#)

628 - Yesterday, did you eat tofu?

Yesterday, did you eat tofu?

Vegetables

Concept

Vegetables

Items

- [598 - How often did you eat vegetables yesterday?](#)
- [616 - Yesterday, did you eat mixed vegetables, or acorn, hubbard, or winter squash?](#)
- [618 - Yesterday, did you eat string beans, green beans, peas, or snow peas?](#)
- [619 - Yesterday, did you eat cabbage or bok choy?](#)
- [620 - Yesterday, did you eat broccoli?](#)
- [621 - Yesterday, did you eat carrots?](#)
- [622 - Yesterday, did you eat dried beans, peas, lentils, black beans, or soybeans?](#)
- [623 - Yesterday, did you eat field peas, chick peas, or lima beans?](#)
- [624 - Yesterday, did you eat kale, beet greens, mustard greens, turnip greens, or collard greens?](#)
- [625 - Yesterday, did you eat lettuce or tossed salad?](#)
- [626 - Yesterday, did you eat spinach?](#)
- [627 - Yesterday, did you eat tomatoes?](#)
- [629 - Yesterday, did you eat yams or sweet potatoes?](#)
- [630 - Yesterday, did you eat zucchini, summer squash, eggplants, bell peppers, or asparagus?](#)
- [671 - Yesterday, did you eat other potatoes?](#)

598 - How often did you eat vegetables yesterday?


How often did you eat vegetables yesterday?

 616 - Yesterday, did you eat mixed vegetables, or acorn, hubbard, or winter squash?


Yesterday, did you eat mixed vegetables, or acorn, hubbard, or winter squash?

 618 - Yesterday, did you eat string beans, green beans, peas, or snow peas?

Yesterday, did you eat string beans, green beans, peas, or snow peas?

 619 - Yesterday, did you eat cabbage or bok choy?

Yesterday, did you eat cabbage or bok choy?

 620 - Yesterday, did you eat broccoli?

Yesterday, did you eat broccoli?

 621 - Yesterday, did you eat carrots?


Yesterday, did you eat carrots?

 622 - Yesterday, did you eat dried beans, peas, lentils, black beans, or soybeans?


Yesterday, did you eat dried beans, peas, lentils, black beans, or soybeans?

 623 - Yesterday, did you eat field peas, chick peas, or lima beans?


Yesterday, did you eat field peas, chick peas, or lima beans?

 624 - Yesterday, did you eat kale, beet greens, mustard greens, turnip greens, or collard greens?

Yesterday, did you eat kale, beet greens, mustard greens, turnip greens, or collard greens?

 625 - Yesterday, did you eat lettuce or tossed salad?


Yesterday, did you eat lettuce or tossed salad?

 626 - Yesterday, did you eat spinach?

Yesterday, did you eat spinach?

 627 - Yesterday, did you eat tomatoes?


Yesterday, did you eat tomatoes?

 629 - Yesterday, did you eat yams or sweet potatoes?

Yesterday, did you eat yams or sweet potatoes?

 630 - Yesterday, did you eat zucchini, summer squash, eggplants, bell peppers, or asparagus?

Yesterday, did you eat zucchini, summer squash, eggplants, bell peppers, or asparagus?

 671 - Yesterday, did you eat other potatoes?

Yesterday, did you eat other potatoes?

 Vegetarian

Concept

Vegetarian

Items

- [705 - Do you consider yourself a vegetarian?](#)

 705 - Do you consider yourself a vegetarian?

Do you consider yourself a vegetarian?

 Vitamins

Concept


Vitamins

Items


- 701 - Do you currently take vitamins or minerals?
- 702 - In the last seven days, on how many days did you take vitamins or minerals?
- 707 - In the last month, have you taken any vitamins or minerals?

 701 - Do you currently take vitamins or minerals?

Do you currently take vitamins or minerals?

 702 - In the last seven days, on how many days did you take vitamins or minerals?

In the last seven days, on how many days did you take vitamins or minerals?

 707 - In the last month, have you taken any vitamins or minerals?

In the last month, have you taken any vitamins or minerals?

 Water

Concept

Water

Items

- 609 - Did you drink water yesterday?

 609 - Did you drink water yesterday?

Did you drink water yesterday?