

Food Frequency Questionnaire

| Foods | Eat/Drink (Y/N) | Frequency how many times a day, week, or month | Notes types/preferences |
|--|----------------------------|---|--|
| Skim Milk | () Y () N | | |
| 2% Milk | () Y () N | | |
| Whole Milk | () Y () N | | |
| Cheese | () Y () N | | <i>Types:</i> |
| Eggs | () Y () N | | |
| Meat | () Y () N | | <i>Preferences:</i> |
| Poultry | () Y () N | | <i>Preferences:</i> |
| Fish | () Y () N | | <i>Preferences:</i> |
| Vegetables | () Y () N | | <i>Preferences:</i> |
| Salad Dressing | () Y () N | | <i>Preferences:</i> |
| Fruits | () Y () N | | <i>Preferences:</i> |
| Bread, Rice, Potatoes, Pasta, Other Starches | () Y () N | | <i>Which starch do you prefer/emphasize:</i> |
| Butter | () Y () N | | () Tub () Stick () Diet () Regular |
| Oil | () Y () N | | <i>Types:</i> |
| Margarine | () Y () N | | () Tub () Stick () Diet () Regular |
| Snacks | () Y () N | | <i>Types:</i> <i>When do you snack:</i> |
| Desserts | () Y () N | | <i>Types:</i> |
| Alcohol | () Y () N | | <i>Types:</i> |
| Coffee | () Y () N | | <i>Types:</i> |
| Soda | () Y () N | | <i>Types:</i> |
| Tea | () Y () N | | <i>Types:</i> |
| Sugar | () Y () N | | <i>How is it used:</i> |
| Salt | () Y () N | | <i>How is it used:</i> |

Please note what you ate in the last 24 hours: