

Additional Examples

Example: Salad with lettuce, onion, tomato, cucumber and dressing

Salad greens, such as lettuce and spinach

All other vegetables alone or in mixtures, such as salads (but NOT in the foods in Box A)

If different vegetables are eaten at the same time, check a box for each vegetable.

Mayonnaise or salad dressing, including low fat, added to each food

Example: Lasagna with meat sauce and cheese

Pasta, spaghetti, noodles alone or in mixtures (but NOT in chili or soup)

Beef, pork, ham, bacon, sausage alone or in mixtures (but NOT in the foods in Box A)

Cheese (All kinds)

Tomato sauce, such as spaghetti and lasagna (but NOT in the foods in Box A)

Example: Chinese dish with beef, chicken, broccoli, and onion over rice

Beef, pork, ham, bacon, sausage alone or in mixtures (but NOT in the foods in Box A)

Chicken, turkey, duck alone or in mixtures (but NOT in the foods in Box A)

All other vegetables alone or in mixtures, such as salads (but NOT in the foods in Box A)

If different vegetables are eaten at the same time, check a box for each vegetable.

Rice alone or in mixtures (but NOT in the foods in Box A)

Example: Pizza with sausage and mushrooms

Pizza (All kinds)

National Institutes of Health DAILY FOOD LIST

Instructions!

- This booklet contains 7 Daily Food Lists and instructions.
- Fill out one Daily Food List throughout the day for the next 7 days.
- Each Daily Food List asks about some (but NOT all) of the foods you eat.
- Each Daily Food List asks how many different times you eat a food each day (NOT how many pieces or servings you eat each time).
- Use only a black ball-point pen (not red ink or felt tip) to record your foods. If you make a mistake, cross out the incorrect answer.
- Start by entering today's date in this box.

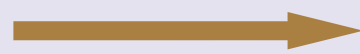
Now, go to the next page, check the day of the week, read the instructions, and begin your first Daily Food List.

Thank you for completing the Daily Food List. Please return your booklet to us in the envelope provided. If the envelope has been misplaced, mail your booklet to:

ReOPEN
1650 Research Blvd, RP#1029F
Rockville, MD 20850
Attn: Gia DeRienzo

PARTICIPANT ID HERE

I. What day is today?


 Sunday

 Monday

 Tuesday

 Wednesday

 Thursday

 Friday

 Saturday

2. How to Record Foods

- **Check (✓) a box** for every food you eat at a **different** meal or snack.

Example: I ate 1 roll at lunch and 1 roll at dinner.

Rolls, English muffins, bagels

- Do NOT count the number of pieces or servings of the **same** food you eat at a meal or snack.

Example: I ate two rolls at dinner.

Rolls, English muffins, bagels

- **Record mixtures** (sandwiches, casseroles, salads, pasta, and stir-fry dishes) by checking each food in the mixture.

Example: I ate a turkey sandwich (2 slices of bread) lettuce and mustard.

All other bread (NOT in pizza)

Chicken, turkey, duck alone or in mixtures (but NOT in the foods in Box A)

Lettuce in other mixtures, such as sandwiches

- For additional examples, see back cover.

3. Now fill in the foods you eat today in Boxes A-G.

A. Chili, Mexican Food, Pizza, Soup

Do NOT count ingredients in these foods anywhere else.

Chili (All kinds)

Mexican food mixtures, such as tacos, tostados, burritos, fajitas, enchiladas

Pizza (All kinds)

Soup (All kinds)

B. Meat, Poultry, Fish

Beef, pork, ham, bacon, sausage alone or in mixtures (but NOT in the foods in Box A)

Chicken, turkey, duck alone or in mixtures (but NOT in the foods in Box A)

Fish, seafood alone or in mixtures (but NOT in the foods in Box A)

C. Dairy, Eggs

Cheese (All kinds)

Yogurt (All kinds)

Eggs (All kinds)

D. Fruits, Vegetables

Fruit cocktail, fruit salad

All other fruits (NOT juice)

If different fruits are eaten at the same time, check a box for each fruit.

Potatoes alone or in mixtures (All kinds, but NOT chips and NOT in soup)

Cooked dried beans, such as pinto, lima, lentils (but NOT in the foods in Box A)

Salad greens, such as lettuce and spinach

Lettuce in other mixtures, such as sandwiches

All other vegetables alone or in mixtures, such as salads (but NOT in the foods in Box A)

If different vegetables are eaten at the same time, check a box for each vegetable.

Tomato sauce, such as in spaghetti and lasagna (but NOT in the foods in Box A)

E. Snack Foods, Desserts

Candy (All kinds)

Cookies, pie, cake, brownies

Ice cream, sorbet, frozen yogurt

Popcorn, crackers, chips, pretzels

F. Cereals, Breads, Grains

Cereal, hot or cold (All kinds)

Rolls, English muffins, bagels

All other bread (NOT in pizza)

Tortillas (NOT in mixtures)

Doughnuts, Danish, sweet rolls, muffins, dessert breads, pop-tarts

Pancakes, waffles, French toast

Rice alone or in mixtures (but NOT in the foods in Box A)

Pasta, spaghetti, noodles alone or in mixtures (but NOT in chili or soup)

G. Spreads, Dressings

Do NOT count the items below if only used in cooking.

Butter or margarine added to each different food

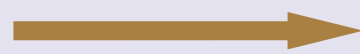
Mayonnaise or salad dressing, including low-fat, added to each different food

Comments

Did you have any difficulty understanding how to fill out the form today? If so, please explain.

4. Please review. Do you remember anything else?

I. What day is today?


 Sunday

 Monday

 Tuesday

 Wednesday

 Thursday

 Friday

 Saturday

2. How to Record Foods

- Check (✓) a box for every food you eat at a **different** meal or snack.

Example: I ate 1 roll at lunch and 1 roll at dinner.

Rolls, English muffins, bagels

- Do NOT count the number of pieces or servings of the **same** food you eat at a meal or snack.

Example: I ate two rolls at dinner.

Rolls, English muffins, bagels

- Record mixtures (sandwiches, casseroles, salads, pasta, and stir-fry dishes) by checking each food in the mixture.

Example: I ate a turkey sandwich (2 slices of bread) lettuce and mustard.

All other bread (NOT in pizza)

Chicken, turkey, duck alone or in mixtures (but NOT in the foods in Box A)

Lettuce in other mixtures, such as sandwiches

- For additional examples, see back cover.

3. Now fill in the foods you eat today in Boxes A-G.

A. Chili, Mexican Food, Pizza, Soup

Do NOT count ingredients in these foods anywhere else.

Chili (All kinds)

Mexican food mixtures, such as tacos, tostados, burritos, fajitas, enchiladas

Pizza (All kinds)

Soup (All kinds)

B. Meat, Poultry, Fish

Beef, pork, ham, bacon, sausage alone or in mixtures (but NOT in the foods in Box A)

Chicken, turkey, duck alone or in mixtures (but NOT in the foods in Box A)

Fish, seafood alone or in mixtures (but NOT in the foods in Box A)

C. Dairy, Eggs

Cheese (All kinds)

Yogurt (All kinds)

Eggs (All kinds)

D. Fruits, Vegetables

Fruit cocktail, fruit salad

All other fruits (NOT juice)

If different fruits are eaten at the same time, check a box for each fruit.

Potatoes alone or in mixtures (All kinds, but NOT chips and NOT in soup)

Cooked dried beans, such as pinto, lima, lentils (but NOT in the foods in Box A)

Salad greens, such as lettuce and spinach

Lettuce in other mixtures, such as sandwiches

All other vegetables alone or in mixtures, such as salads (but NOT in the foods in Box A)

If different vegetables are eaten at the same time, check a box for each vegetable.

Tomato sauce, such as in spaghetti and lasagna (but NOT in the foods in Box A)

E. Snack Foods, Desserts

Candy (All kinds)

Cookies, pie, cake, brownies

Ice cream, sorbet, frozen yogurt

Popcorn, crackers, chips, pretzels

F. Cereals, Breads, Grains

Cereal, hot or cold (All kinds)

Rolls, English muffins, bagels

All other bread (NOT in pizza)

Tortillas (NOT in mixtures)

Doughnuts, Danish, sweet rolls, muffins, dessert breads, pop-tarts

Pancakes, waffles, French toast

Rice alone or in mixtures (but NOT in the foods in Box A)

Pasta, spaghetti, noodles alone or in mixtures (but NOT in chili or soup)

G. Spreads, Dressings

Do NOT count the items below if only used in cooking.

Butter or margarine added to each different food

Mayonnaise or salad dressing, including low-fat, added to each different food

Comments

Did you have any difficulty understanding how to fill out the form today? If so, please explain.

4. Please review. Do you remember anything else?

I. What day is today?


 Sunday

 Monday

 Tuesday

 Wednesday

 Thursday

 Friday

 Saturday

2. How to Record Foods

- Check (✓) a box for every food you eat at a **different** meal or snack.

Example: I ate 1 roll at lunch and 1 roll at dinner.

Rolls, English muffins, bagels

- Do NOT count the number of pieces or servings of the **same** food you eat at a meal or snack.

Example: I ate two rolls at dinner.

Rolls, English muffins, bagels

- Record mixtures (sandwiches, casseroles, salads, pasta, and stir-fry dishes) by checking each food in the mixture.

Example: I ate a turkey sandwich (2 slices of bread) lettuce and mustard.

All other bread (NOT in pizza)

Chicken, turkey, duck alone or in mixtures (but NOT in the foods in Box A)

Lettuce in other mixtures, such as sandwiches

- For additional examples, see back cover.

3. Now fill in the foods you eat today in Boxes A-G.

A. Chili, Mexican Food, Pizza, Soup

Do NOT count ingredients in these foods anywhere else.

Chili (All kinds)

Mexican food mixtures, such as tacos, tostados, burritos, fajitas, enchiladas

Pizza (All kinds)

Soup (All kinds)

B. Meat, Poultry, Fish

Beef, pork, ham, bacon, sausage alone or in mixtures (but NOT in the foods in Box A)

Chicken, turkey, duck alone or in mixtures (but NOT in the foods in Box A)

Fish, seafood alone or in mixtures (but NOT in the foods in Box A)

C. Dairy, Eggs

Cheese (All kinds)

Yogurt (All kinds)

Eggs (All kinds)

D. Fruits, Vegetables

Fruit cocktail, fruit salad

All other fruits (NOT juice)

If different fruits are eaten at the same time, check a box for each fruit.

Potatoes alone or in mixtures (All kinds, but NOT chips and NOT in soup)

Cooked dried beans, such as pinto, lima, lentils (but NOT in the foods in Box A)

Salad greens, such as lettuce and spinach

Lettuce in other mixtures, such as sandwiches

All other vegetables alone or in mixtures, such as salads (but NOT in the foods in Box A)

If different vegetables are eaten at the same time, check a box for each vegetable.

Tomato sauce, such as in spaghetti and lasagna (but NOT in the foods in Box A)

E. Snack Foods, Desserts

Candy (All kinds)

Cookies, pie, cake, brownies

Ice cream, sorbet, frozen yogurt

Popcorn, crackers, chips, pretzels

F. Cereals, Breads, Grains

Cereal, hot or cold (All kinds)

Rolls, English muffins, bagels

All other bread (NOT in pizza)

Tortillas (NOT in mixtures)

Doughnuts, Danish, sweet rolls, muffins, dessert breads, pop-tarts

Pancakes, waffles, French toast

Rice alone or in mixtures (but NOT in the foods in Box A)

Pasta, spaghetti, noodles alone or in mixtures (but NOT in chili or soup)

G. Spreads, Dressings

Do NOT count the items below if only used in cooking.

Butter or margarine added to each different food

Mayonnaise or salad dressing, including low-fat, added to each different food

Comments

Did you have any difficulty understanding how to fill out the form today? If so, please explain.

4. Please review. Do you remember anything else?

I. What day is today?


 Sunday

 Monday

 Tuesday

 Wednesday

 Thursday

 Friday

 Saturday

2. How to Record Foods

- Check (✓) a box for every food you eat at a **different** meal or snack.

Example: I ate 1 roll at lunch and 1 roll at dinner.

Rolls, English muffins, bagels

- Do NOT count the number of pieces or servings of the **same** food you eat at a meal or snack.

Example: I ate two rolls at dinner.

Rolls, English muffins, bagels

- Record mixtures (sandwiches, casseroles, salads, pasta, and stir-fry dishes) by checking each food in the mixture.

Example: I ate a turkey sandwich (2 slices of bread) lettuce and mustard.

All other bread (NOT in pizza)

Chicken, turkey, duck alone or in mixtures (but NOT in the foods in Box A)

Lettuce in other mixtures, such as sandwiches

- For additional examples, see back cover.

3. Now fill in the foods you eat today in Boxes A-G.

A. Chili, Mexican Food, Pizza, Soup

Do NOT count ingredients in these foods anywhere else.

Chili (All kinds)

Mexican food mixtures, such as tacos, tostados, burritos, fajitas, enchiladas

Pizza (All kinds)

Soup (All kinds)

B. Meat, Poultry, Fish

Beef, pork, ham, bacon, sausage alone or in mixtures (but NOT in the foods in Box A)

Chicken, turkey, duck alone or in mixtures (but NOT in the foods in Box A)

Fish, seafood alone or in mixtures (but NOT in the foods in Box A)

C. Dairy, Eggs

Cheese (All kinds)

Yogurt (All kinds)

Eggs (All kinds)

D. Fruits, Vegetables

Fruit cocktail, fruit salad

All other fruits (NOT juice)

If different fruits are eaten at the same time, check a box for each fruit.

Potatoes alone or in mixtures (All kinds, but NOT chips and NOT in soup)

Cooked dried beans, such as pinto, lima, lentils (but NOT in the foods in Box A)

Salad greens, such as lettuce and spinach

Lettuce in other mixtures, such as sandwiches

All other vegetables alone or in mixtures, such as salads (but NOT in the foods in Box A)

If different vegetables are eaten at the same time, check a box for each vegetable.

Tomato sauce, such as in spaghetti and lasagna (but NOT in the foods in Box A)

E. Snack Foods, Desserts

Candy (All kinds)

Cookies, pie, cake, brownies

Ice cream, sorbet, frozen yogurt

Popcorn, crackers, chips, pretzels

F. Cereals, Breads, Grains

Cereal, hot or cold (All kinds)

Rolls, English muffins, bagels

All other bread (NOT in pizza)

Tortillas (NOT in mixtures)

Doughnuts, Danish, sweet rolls, muffins, dessert breads, pop-tarts

Pancakes, waffles, French toast

Rice alone or in mixtures (but NOT in the foods in Box A)

Pasta, spaghetti, noodles alone or in mixtures (but NOT in chili or soup)

G. Spreads, Dressings

Do NOT count the items below if only used in cooking.

Butter or margarine added to each different food

Mayonnaise or salad dressing, including low-fat, added to each different food

Comments

Did you have any difficulty understanding how to fill out the form today? If so, please explain.

4. Please review. Do you remember anything else?

I. What day is today?



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

2. How to Record Foods

- **Check (✓) a box** for every food you eat at a **different** meal or snack.

Example: I ate 1 roll at lunch and 1 roll at dinner.

Rolls, English muffins, bagels

- Do NOT count the number of pieces or servings of the **same** food you eat at a meal or snack.

Example: I ate two rolls at dinner.

Rolls, English muffins, bagels

- **Record mixtures** (sandwiches, casseroles, salads, pasta, and stir-fry dishes) by checking each food in the mixture.

Example: I ate a turkey sandwich (2 slices of bread) lettuce and mustard.

All other bread (NOT in pizza)

Chicken, turkey, duck alone or in mixtures (but NOT in the foods in Box A)

Lettuce in other mixtures, such as sandwiches

- For additional examples, see back cover.

3. Now fill in the foods you eat today in Boxes A-G.

A. Chili, Mexican Food, Pizza, Soup

Do NOT count ingredients in these foods anywhere else.

Chili (All kinds)

Mexican food mixtures, such as tacos, tostados, burritos, fajitas, enchiladas

Pizza (All kinds)

Soup (All kinds)

B. Meat, Poultry, Fish

Beef, pork, ham, bacon, sausage alone or in mixtures (but NOT in the foods in Box A)

Chicken, turkey, duck alone or in mixtures (but NOT in the foods in Box A)

Fish, seafood alone or in mixtures (but NOT in the foods in Box A)

C. Dairy, Eggs

Cheese (All kinds)

Yogurt (All kinds)

Eggs (All kinds)

D. Fruits, Vegetables

Fruit cocktail, fruit salad

All other fruits (NOT juice)

If different fruits are eaten at the same time, check a box for each fruit.

Potatoes alone or in mixtures (All kinds, but NOT chips and NOT in soup)

Cooked dried beans, such as pinto, lima, lentils (but NOT in the foods in Box A)

Salad greens, such as lettuce and spinach

Lettuce in other mixtures, such as sandwiches

All other vegetables alone or in mixtures, such as salads (but NOT in the foods in Box A)

If different vegetables are eaten at the same time, check a box for each vegetable.

Tomato sauce, such as in spaghetti and lasagna (but NOT in the foods in Box A)

E. Snack Foods, Desserts

Candy (All kinds)

Cookies, pie, cake, brownies

Ice cream, sorbet, frozen yogurt

Popcorn, crackers, chips, pretzels

F. Cereals, Breads, Grains

Cereal, hot or cold (All kinds)

Rolls, English muffins, bagels

All other bread (NOT in pizza)

Tortillas (NOT in mixtures)

Doughnuts, Danish, sweet rolls, muffins, dessert breads, pop-tarts

Pancakes, waffles, French toast

Rice alone or in mixtures (but NOT in the foods in Box A)

Pasta, spaghetti, noodles alone or in mixtures (but NOT in chili or soup)

G. Spreads, Dressings

Do NOT count the items below if only used in cooking.

Butter or margarine added to each different food

Mayonnaise or salad dressing, including low-fat, added to each different food

Comments

Did you have any difficulty understanding how to fill out the form today? If so, please explain.

4. Please review. Do you remember anything else?

I. What day is today?


 Sunday

 Monday

 Tuesday

 Wednesday

 Thursday

 Friday

 Saturday

2. How to Record Foods

- **Check (✓) a box** for every food you eat at a **different** meal or snack.

Example: I ate 1 roll at lunch and 1 roll at dinner.

Rolls, English muffins, bagels

- Do NOT count the number of pieces or servings of the **same** food you eat at a meal or snack.

Example: I ate two rolls at dinner.

Rolls, English muffins, bagels

- **Record mixtures** (sandwiches, casseroles, salads, pasta, and stir-fry dishes) by checking each food in the mixture.

Example: I ate a turkey sandwich (2 slices of bread) lettuce and mustard.

All other bread (NOT in pizza)

Chicken, turkey, duck alone or in mixtures (but NOT in the foods in Box A)

Lettuce in other mixtures, such as sandwiches

- For additional examples, see back cover.

3. Now fill in the foods you eat today in Boxes A-G.

A. Chili, Mexican Food, Pizza, Soup

Do NOT count ingredients in these foods anywhere else.

Chili (All kinds)

Mexican food mixtures, such as tacos, tostados, burritos, fajitas, enchiladas

Pizza (All kinds)

Soup (All kinds)

B. Meat, Poultry, Fish

Beef, pork, ham, bacon, sausage alone or in mixtures (but NOT in the foods in Box A)

Chicken, turkey, duck alone or in mixtures (but NOT in the foods in Box A)

Fish, seafood alone or in mixtures (but NOT in the foods in Box A)

C. Dairy, Eggs

Cheese (All kinds)

Yogurt (All kinds)

Eggs (All kinds)

D. Fruits, Vegetables

Fruit cocktail, fruit salad

All other fruits (NOT juice)

If different fruits are eaten at the same time, check a box for each fruit.

Potatoes alone or in mixtures (All kinds, but NOT chips and NOT in soup)

Cooked dried beans, such as pinto, lima, lentils (but NOT in the foods in Box A)

Salad greens, such as lettuce and spinach

Lettuce in other mixtures, such as sandwiches

All other vegetables alone or in mixtures, such as salads (but NOT in the foods in Box A)

If different vegetables are eaten at the same time, check a box for each vegetable.

Tomato sauce, such as in spaghetti and lasagna (but NOT in the foods in Box A)

E. Snack Foods, Desserts

Candy (All kinds)

Cookies, pie, cake, brownies

Ice cream, sorbet, frozen yogurt

Popcorn, crackers, chips, pretzels

F. Cereals, Breads, Grains

Cereal, hot or cold (All kinds)

Rolls, English muffins, bagels

All other bread (NOT in pizza)

Tortillas (NOT in mixtures)

Doughnuts, Danish, sweet rolls, muffins, dessert breads, pop-tarts

Pancakes, waffles, French toast

Rice alone or in mixtures (but NOT in the foods in Box A)

Pasta, spaghetti, noodles alone or in mixtures (but NOT in chili or soup)

G. Spreads, Dressings

Do NOT count the items below if only used in cooking.

Butter or margarine added to each different food

Mayonnaise or salad dressing, including low-fat, added to each different food

Comments

Did you have any difficulty understanding how to fill out the form today? If so, please explain.

4. Please review. Do you remember anything else?

I. What day is today?


 Sunday

 Monday

 Tuesday

 Wednesday

 Thursday

 Friday

 Saturday

2. How to Record Foods

- Check (✓) a box for every food you eat at a **different** meal or snack.

Example: I ate 1 roll at lunch and 1 roll at dinner.

Rolls, English muffins, bagels

- Do NOT count the number of pieces or servings of the **same** food you eat at a meal or snack.

Example: I ate two rolls at dinner.

Rolls, English muffins, bagels

- Record mixtures (sandwiches, casseroles, salads, pasta, and stir-fry dishes) by checking each food in the mixture.

Example: I ate a turkey sandwich (2 slices of bread) lettuce and mustard.

All other bread (NOT in pizza)

Chicken, turkey, duck alone or in mixtures (but NOT in the foods in Box A)

Lettuce in other mixtures, such as sandwiches

- For additional examples, see back cover.

3. Now fill in the foods you eat today in Boxes A-G.

A. Chili, Mexican Food, Pizza, Soup

Do NOT count ingredients in these foods anywhere else.

Chili (All kinds)

Mexican food mixtures, such as tacos, tostados, burritos, fajitas, enchiladas

Pizza (All kinds)

Soup (All kinds)

B. Meat, Poultry, Fish

Beef, pork, ham, bacon, sausage alone or in mixtures (but NOT in the foods in Box A)

Chicken, turkey, duck alone or in mixtures (but NOT in the foods in Box A)

Fish, seafood alone or in mixtures (but NOT in the foods in Box A)

C. Dairy, Eggs

Cheese (All kinds)

Yogurt (All kinds)

Eggs (All kinds)

D. Fruits, Vegetables

Fruit cocktail, fruit salad

All other fruits (NOT juice)

If different fruits are eaten at the same time, check a box for each fruit.

Potatoes alone or in mixtures (All kinds, but NOT chips and NOT in soup)

Cooked dried beans, such as pinto, lima, lentils (but NOT in the foods in Box A)

Salad greens, such as lettuce and spinach

Lettuce in other mixtures, such as sandwiches

All other vegetables alone or in mixtures, such as salads (but NOT in the foods in Box A)

If different vegetables are eaten at the same time, check a box for each vegetable.

Tomato sauce, such as in spaghetti and lasagna (but NOT in the foods in Box A)

E. Snack Foods, Desserts

Candy (All kinds)

Cookies, pie, cake, brownies

Ice cream, sorbet, frozen yogurt

Popcorn, crackers, chips, pretzels

F. Cereals, Breads, Grains

Cereal, hot or cold (All kinds)

Rolls, English muffins, bagels

All other bread (NOT in pizza)

Tortillas (NOT in mixtures)

Doughnuts, Danish, sweet rolls, muffins, dessert breads, pop-tarts

Pancakes, waffles, French toast

Rice alone or in mixtures (but NOT in the foods in Box A)

Pasta, spaghetti, noodles alone or in mixtures (but NOT in chili or soup)

G. Spreads, Dressings

Do NOT count the items below if only used in cooking.

Butter or margarine added to each different food

Mayonnaise or salad dressing, including low-fat, added to each different food

Comments

Did you have any difficulty understanding how to fill out the form today? If so, please explain.

4. Please review. Do you remember anything else?