	Never	Less	1	2-3	1	2	3-4	5-6	1	2+	Medium			
		Than	Per	Serving										
		Once	Mo.	Mo.	Wk.	Wk.	Wk.	Wk.	Day	Day				
		Per Month									Size	S	M	L
a. Hamburgers or											1 medium			
cheeseburgers											or 4 oz.			
(including fast food)														
Pan fried														
Grilled or Barbecued														
Oven-broiled														
Cooked another way														
(SPECIFY)														
b. Beef Steaks											4 oz.			
Pan fried														
Grilled or Barbecued														
Office of Darbecueu														
Oven-broiled														
Cooked another way														
(SPECIFY)														
(672617)														
c. Pork chops or											2 chops			
ham steaks											or 4 oz.			
Pan fried														
Oven-broiled														
Baked or Roasted														
Cooked another way														
(SPECIFY)														

	Never	Less Than Once	1 Per Mo.	2-3 Per Mo.	1 Per Wk.	2 Per Wk.	3-4 Per Wk.	5-6 Per Wk.	1 Per Day	2+ Per Day	Medium Serving	S	M	L
		Per Month									Size			
d. Bacon											2 Strips			
Pan-fried														
Oven-broiled														
Cooked another way (SPECIFY)														
e. Breakfast sausage											2 links or 2 patties			
Pan fried														
Grilled or Barbecued														
Oven-broiled														
Cooked another way														
(SPECIFY)														
f. Fried chicken											2 small or			
i. Fried chicken											1 large piece			
											piece			
Deep-fat fried or fast food														
Pan fried														
Cooked another way														
(SPECIFY)														

	Never	Logg	1	2-3	1	2	3-4	5-6	1	2.	Medium	
	Never	Less	1		1 Por	2 Por			1	2+		
		Than	Per	Per	Per	Per	Per	Per	Per	Per	Serving	
		Once	Mo.	Mo.	Wk.	Wk.	Wk.	Wk.	Day	Day	G*-	
		Per Month									Size	
		Month										
g. Chicken or											2 small or	
turkey, including											1 large	
on sandwhiches											piece	
Baked or roasted												
Stewed												
0 1 7 1												
Oven-broiled												
Grilled or Barbequed												
Cooked another way												
(SPECIFY)												
h. Gravy											2 Tbsp	
Made from meat												
drippings												
Store bought cans												
Store bought packets												
Made another way												
(SPECIFY)												

A hamburger or cheeseburger	Rare
5	Medium-rare
	Medium
	Medium-well
	Well-done
	Very well-done
	Don't know
	Did not eat
Steak	Rare
	Medium-rare
	Medium
	Medium-well
	Well-done
	Very well-done
	Don't know
	Did not eat
Pork chop or ham steak	Just until done
	Well-done
	Very well-done
	Don't know
	Did not eat
Bacon	Just until done
	Well-done or crisp
	Charred
	Don't know
	Did not eat
Breakfast sausage	Just until done
	Well-done or crisp
	Charred
	Charred Don't know
	Charred
Fried chicken	Charred Don't know
Fried chicken	Charred Don't know Did not eat Just until done Well-done
Fried chicken	Charred Don't know Did not eat Just until done Well-done Very well-done
Fried chicken	Charred Don't know Did not eat Just until done Well-done Very well-done Don't know
Fried chicken	Charred Don't know Did not eat Just until done Well-done Very well-done
Fried chicken Chicken	Charred Don't know Did not eat Just until done Well-done Very well-done Don't know Did not eat Just until done
	Charred Don't know Did not eat Just until done Well-done Very well-done Don't know Did not eat Just until done Well-done Well-done
	Charred Don't know Did not eat Just until done Well-done Very well-done Don't know Did not eat Just until done Well-done Very well-done Very well-done
	Charred Don't know Did not eat Just until done Well-done Very well-done Don't know Did not eat Just until done Well-done Well-done