HARVARD SCHOOL OF PUBLIC HEALTH		(*	1				Hea	Ith P	rofess	ional	s Foll	ow-u	p Stu	dy
Please use pencil! Thank you				4.5								HPF	S 2002	ĺ
I. What is your current weight (pounds)?														
2. Current Marital Status:	orced/S	eparat	ed	OV	Vidowe	ed	01	lever r	narried				2 (2	100
3. Living Arrangement: Alone With wife	-						home		) Othe				033	
4. Work Status:		_		Disable			Jnemp						(4) (4	
5. Do you currently smoke cigarettes?													(5) (5	
No Yes Please mark your ave	rage r	numbe	er of c	garett	es per	day:							66	
V ○ 1–4 cigarettes ○ 5	5–14	01	5–24	O 2	534	O 3	5-44	<u> </u>	5 or m	ore			7	
6. Do you currently smoke a pipe or cigars daily?				) Pipe		) Ciga		•	-				88	
7. In a typical week <u>during the past year</u> , on how			did you	1 cons	_			bevera	_		_		99	*
O No days	day/w				_	days/v					ys/weel			
O 4 days/week	days/v	veek			06	days/v	veek			) /day	s/week			7
Q In the past 2 a physical every?		7 11-		Ov					\ \ \ - \ \	c	41			(
8. In the past 2 a physical exam? years, have a rectal exam?	St. 20, No. 20, 16 11,170	) No	idir <b>ak</b>	Southern III to be a did not a deci	es, for	norsa, augazertzeonser v		80-1881/2882-40 88 <b>4</b> -1887 <mark>2</mark>	salar na nathan sa na	ara dan basil bahasa ang d	itine sc	F 221-15 V - 221 TU - 22	5.6	(
you had an eye exam?		) No ) No		makina araw misk	es, for es, for	section of the section of the				no ali iili ali iili oo o	itine sc		<b>7</b> % (1)	(
blood cholesterol ched	Application and the same	) No	Asida 116	la pagratti padalatak risa sata	es, for		en a comprese references accepta			page grand page that days the co	tine sc itine sc	n incir de mayone me de	77.75	(
blood cholesteror check?		) No		wasamarka tayw	es, for	als Mis mission Bis associa	per and prejugation 2000 (1990).	0.300.00300.700.500.70	#### \$################################	960 (8) 386 (1973) (6), 2	itine sc	1 18 - 200 10 13 13 187 188		(
screening for PSA?	and the sale was according to	) No	******	a saida saida an an an	es, for	milianos raginas as	2012/95 1006/800 025 1006 A	arawaa aa	Commence and agreement	de accuellation accuellation	itine sc	THE RESERVE TO A SECTION OF TH	T	100
If "yes" for PSA scree	de ste danak datu da hat.	The standards we see the	ma da l'ad da da Sal S	da <del>n karan karan</del> dan kacamatan dan kacamatan dan kacamatan dan dan kacamatan dan kacamatan dan dan dan dan dan dan dan dan dan d	3670-07-655-655	Sympto		hr-101-101-101-101-101-1		lor rou Inknov	948/3968-3969 23	t de-Na oft adellered	es	(
a prostate biopsy or re-		49.46.Jackbar 2:161	98-21-36,90:303383	6.000,000,400,000,700,700	\$50 BEAR AND	am)?		20 90 80 <b>0 800 800 800</b> 100 100		Inknov		OY	et sa x	(
9. Have you had a colonoscopy or sigmoidoscopy					are ex		<u> </u>	10		Allicator.		<u> </u>	<u> </u>	(
○ No ○ Yes Reason(s)? ○ Bleeding in sto					olon car	ncer (	Posi	tive tes	t for o	ccult fe	ecal blo	bod		(
Abdominal pa				r const							otoms) o		V-UD	
10. In your lifetime, have you ever had two weeks or														6
O No O Yes														
11. Did you ever tell a doctor or mental health specia	list tha	at you	were f	eeling	depres	sed?	01	lo l	OY	es				6
12. Do you have difficulty with your balance?	Vo	OY	es es	· .	:									(
13. Do you have difficulty climbing a flight of stairs	s or wa	alking	eight	blocks	due t	o a ph	ysical	impa	irment	; (	) No		) Yes	6
14. How many flights of stairs (not steps) do you c	limb d	aily? (	Do no	t inclu	de tin	ie spe	nt on	stair o	r exerc	cise m	achine	es.)		(
○ No flights ○ 1–2 flights ○ 3–4 flig	hts	O 5	-9 fligh	nts	01	0-14 fl	lights		) 15 o	r more	flights			
15. During the past year, what was your		1–4	5–19	20–39	40-80	RAGETO 1.5	2–3	ME PER V 4-6	7–10	11–20	21–30	31_40	<b>4</b> ∩+	(
average total time per week at each activity?	None	Min.	Min.	Min.	Min.	Hrs.	Ĥrs.	Hrs.	Hrs.	Hrs.	Hrs.	Hrs.	Hrs.	
Sitting at work	Q	Q	Q	$  \bigcirc  $	Q	Q	Q	Q	Q	Q	$  \bigcirc  $	Q	Q	(
Sitting or driving (e.g., car, bus, or train)	l Ö	O.	Q	$\bigcirc$	Ö	Ŏ	ΙÖ.	Ŏ	Q	Ŏ	Ŏ	Ŏ	Ö	(
Sitting or lying watching TV or VCR		Q	Q	$\bigcirc$	$\bigcirc$	$\circ$	$\bigcirc$	$ \bigcirc$	Q	$\bigcirc$	$  \bigcirc  $	Q	$\bigcirc$	
Sitting at home reading	O	$\bigcirc$	Ŏ	$\bigcup_{i \in I}  Q_i $	$\otimes$	$\widetilde{\mathcal{O}}$	$\bigcirc$	$\bigcirc$	$\circ$	$\circ$	$  \bigcirc  $	Q	$\mathcal{Q}$	(
Other sitting at home (e.g., at desk or eating)	18	2	9	$\bigcirc$	$\bigcirc$	$\mathcal{O}$			0	0	$\bigcirc$	$\bigcirc$	$\stackrel{\circ}{\sim}$	
Walking to work or for exercise (including golf)	X	2	2	$\mathbb{R}^{2}$	$\sim$	0	2	2	$\supset$	$\sim$	9	$\mathcal{O}$	$\sim$	(
Jogging (slower than 10 minutes/mile) Running (10 minutes/mile or faster)		18	2		$\sim$								$\times$	
Bicycling (including stationary machine)		2	2		$\sim$	)(			2	X	$\sim$	$\mathbb{Z}$	$\times$	
Lap swimming		18	18		$\sim$	$\sim$	18	18	X	8	8	8	$\sim$	
Tennis	18	18	18	$\sim$	$\sim$					$\sim$	$ \mathcal{L} $	X	$\sim$	(
Squash or racquetball	0	18	18	0	8	0	8	10	0	8	$\sim$	8	$\sim$	
Calisthenics, rowing, stair or ski machine, etc.	18	18	2	$\sim$	$\sim$		1	2	0	$\mathcal{C}$		$\sim$	$\sim$	
Weightlifting or weight machine	Ĭŏ	ŏ	ŏ	ŏ	ŏ	ŏ	l ŏ	l ŏ	$\tilde{\mathcal{C}}$	$\tilde{\mathcal{C}}$	ŏ	ŏ	$\tilde{a}$	(
Heavy outdoor work (e.g., digging, chopping)	$\sim$	$\sim$	$\tilde{C}$	$\tilde{C}$	$\sim$	$\sim$	$\sim$	$\sim$	$\sim$	$\mathcal{C}$	$\sim$	Ŏ	$\tilde{C}$	(
16. Do you have unpleasant leg sensations (like craw)	ling, pa	araesth	nesias.	or pair	ı) com	bined	with r	notor i	restless	ness a	nd an	urge to	move	100
No less than once/month 2-4				5-14							per m			1
If "yes": a. Do these symptoms occur only a									No.	0	es	211411		(
b. Are these symptoms worse in the					~				No	OY				(
7. Please indicate the name of someone at a DIFFER												contac	t you:	(
Name:		Addre	**************************************											
Relationship:														
Mark Reflex® by NCS EM-239729-1:654321 Printed in U.S.A.		(0)	Copyria	ht 2001 h	v Preside	ent and	Fellows	of Harvai	rd Colleg	e All Ric	hts Rese	erved Wo	rldwide	

ARVARD SCHOOL OF PUBLIC H	IEALIT				Health Professionals Follow-up Study
					19. (continued)  Leave blank for NO, mark here for YES  Pefore 2000 2001 200
IIS IS YOUR ID	900-				2000 2001 200
Is this your correct date of birth?				18	Parkinson's disease
Yes No IF no, please write	1		1	(a)	Multiple Sclerosis  W O O O
Million.	Month /	Day	Year		ALS (Amyotrophic Lateral Sclerosis)
Since January 1, 2000, have you	had any	of the	follow	ing	Alcohol dependence problem (V) (
professionally diagnosed conditi	VEA	POFF	IACNIC	19	Pneumonia (X-ray confirmed)
Leave blank for NO, mark here for	Before		IAGNO	2002	Asthma
	2000	2000	2001	2002	Pernicious Anemia (Y)
High blood pressure	$\bigcirc$	Q	Q	O	Emphysema or chronic bronchitis (COPD) (V
Diabetes mellitus	$\bigcirc$	0	0	02	Other major illness or surgery since (V)
Elevated cholesterol	$\bigcirc$	10	Q	O	January 2000 Please specify: 0 1 2 3 4 5 6 7 8 (
Elevated triglycerides	(A)	0	0	04	000000000000000000000000000000000000000
Coronary angioplasty				e Britania H. Sanas	(0) (1) (2) (3) (4) (5) (6) (7) (8) (
coronary angioplasty	<u> </u>	10	Q		20. Have you ever been diagnosed with congestive heart
Myocardial infarction (heart attack)	(V)	0	0		failure (CHF)? O No O Yes
Mospitalized for this MI? No	() Yes				If Yes: O Before 1986 O 1986-1989 O 1990-1993
Angina pectoris	$\omega + 0$		V.		1994-1997
Confirmed by angiogram? No	O Yes				21. Since January 1, 2000, have you had any of these fractures?
Deep vein thrombosis	(W) (V)	10	Q		None O Hip (exclude pelvis) O Wrist (Colles or distal forear
TIA (Transient Ischemic Attack)	$ \widetilde{\mathbb{A}} \longrightarrow \widetilde{\mathbb{A}} $	10	Ŏ		If hip or wrist, please specify date and circumstances.  If a fall, include site, surface and height of fall, Month:
Stroke (CVA)	(V) (V)	Q	Ó		If a fall, include site, surface and height of fall.  Year:
Carotid artery surgery	$\widetilde{\mathbb{Q}}$	10	Ŏ	$\bigcirc$	
Intermittent claudication	(Y)	0	0	(12	
Surgery or angioplasty for arterial disease of the leg	$\odot$		$\cap$		22. Current Medication (mark if used regularly)  Acetaminophen (e.g., Tylenol)
Pulmonary embolus	010	10	8		
	WI C	10	K		Days/week: ()   () 2–3 () 4–5 () 6+ days  Tablets/wk: ()   () 2–5 () 6–14 () 15+ tablets
Aortic aneurysm  Heart-rhythm disturbance	@10	12	X		Tablets/wk: 0 1–2 0 3–5 0 6–14 0 15+ tablets
Heart-rhythm disturbance Gout		10			Aspirin or aspirin-containing products (e.g., Alka Seltzer with aspiring products)
Rheumatoid arthritis		10	0		Days/week: () 1 () 2–3 () 4–5 () 6+ days
	@ T O				Tablets/wk: () 1-2 () 3-5 () 6-14 () 15+ tablets
Other arthritis (e.g., osteoarthritis) Chronic renal failure	WI O	1	X		Usual dose/tab: 050-99 mg 0100-249 0250-349 0350+
Diverticulitis or Diverticulosis	WIO TO	18			O Ibuprofen (e.g., Advil, Motrin, Nuprin)
		10	U	U C	Days/week: ()   () 2–3 () 4–5 () 6+ days
Prostatic enlargement, surgically treated (e.g., TURP)	010		0		Tablets/wk: () 1–2 () 3–5 () 6–14 () 15+ tablets
Prostate cancer		18	2		Celebrex or Vioxx (COX-2 inhibitors) 2+ times/week
	@ T O	X	1		Other anti-inflammatory analgesics, 2+ times/week
Colon or rectal polyp  Cancer of colon or rectum	WI C	12	0		(e.g., Aleve, Naprosyn, Anaprox, Relafen, Ketoprofen)
Basal cell skin cancer	SIS	18	X		Steroid taken orally (e.g., Prednisone, Medrol)  "Statin" chalacteral lowering drugs to a Mayoran (lovertatin)
	$\bigcirc$	18	10	26	"Statin" cholesterol-lowering drugs [e.g., Mevacor (lovastatin),
Squamous cell skin cancer		12	1X		Pravachol (pravastatin), Zocor (simvastatin), Lipitor]
Melanoma Solan on actinic konstacio	WIN	18	12	28	Other cholesterol-lowering drug [e.g., Niaspan, Sloniacin (niacin), Lopi
Solar or actinic keratosis	WIO.	10	X		(gemfibrozil), Tricor (fenofibrate), Questran (cholestyramine), Colestin]
Lymphoma or Leukemia	WIO TO	10	X		H2 blocker (e.g., Tagamet, Zantac, Axid)
Other cancer	$\mathbf{W} = \mathbf{Q}$				Finasteride (Proscar, Propecia)
Please specify site and year				a	Alpha-blocker for BPH (e.g., Hytrin, Flomax, Minipress)
Clauser	0-1-0				Beta-blocker (e.g., Inderal, Metoprolol, Atenolol)
Glaucoma	WTO	2	2	033	Furosemide-like diuretic (e.g., Lasix, Bumex)
Cataract (Ist Diagnosis)	WTO	10	N	<u>O</u> 33	Thiazide diuretic (HCTZ)
Cataract extraction	WPU	10	Q	<u>Q</u> 34	Calcium blocker (e.g., Calan, Procardia, Cardizem)
Macular degeneration	(V) + (V)	12	10	<b>O</b> (35	Other antihypertensive (e.g., Vasotec, Captopril, Diavan)
Osteoporosis	WPO	10	Q	(36	O Prozac, Zoloft, Paxil, Celexa
Hip replacement	(M) (A)	10	Q	( O 37	Tricyclic antidepressant (e.g., Elavil, Sinequan)
Periodontal disease with bone loss	$\bigcirc$		0		Other antidepressant (e.g., Nardil, Marplan)
Leukoplakia or other oral			1309 128	3 2 4 2 3 8 8 8 8	Tranquilizer (Valium, Xanax)
precancerous lesion		0	0	O (39	Coumadin (Warfarin)
Gall bladder removal	$\bigcirc \bullet \bigcirc$	0	0	040	O Digoxin (e.g., Lanoxin) (2 2 2 2 2 2 2 (2 6 (
Kidney stones	@ <b>O</b>	0	0	00	Other regular medication 4444444
THE PARTY OF THE P	010	10	0	100	
Gastric or duodenal ulcer	(Y)			1 142	(no need to specify) (8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8

HARVARD SCHOOL OF PUBLIC HEALTH  3. Do you currently take multi-vitamins?		lividual vitamir	s in th		Ith Pu					роса
No ○ Yes > a) How many do	The second of th	8. places in account of the property of which is in-		Louis Sign Sign	() 6	minoria in in	0	0 or n		a saine, zwaki di te S. A. andi. Si di Tu
	brand (or equivalency)				٥		<u>'</u>	o or n	iore	
() Centrum Silve		5978 BUR SEALA SU SELECTION SE	y take	£]						
		Other								
Not counting multi-vitamins, do you take	One-A-Day Esser		AARPA	lphabet II	Formula	a 643 Mu	ıltivitami	ns and N	1inerals	
			0		2.000		7220	00.11.1	O F	
Vitamin A No Yes, seasonal only Yes, most months	HIII)		00 to		3,000			00 IU		Don't
					** ** ********************************			nore		know
)Beta- () No () Yes Carotene		s than ( ) 8,00 00 IU   12,0	10 to 100 IU		3,000 ± 2,000		23,0			Don't
			# 2 72 C T T S			7		nore		cnow
Vitamin C No Yes, seasonal only Yes, most months		mg. 700			50 to	_ (		0 mg.		Don't
		0	mg.		250 m			nore	· · · · · · · · · · · · · · · · · · ·	know
Vitamin B <sub>6</sub> O No O Yes	If Yes, Dose Cless	O Description of the Section Section 5.	at. 2000 Mai 40, 44, 12		0 to	, <u>,</u>	) <b>80</b> n	** Dist 20 94 20		Don't
Vita no in E. O. N	f per day: 10 n		1 1 1 1 1 1 1 1 1 1	<u> </u>	9 mg.	**************************************		nore		(now
Vitamin E No Yes	If Yes, Dose O Less per day: 100	than () 100 IU 250			00 to	(	600			Don't
C-Later ONE ON TOWN						5. Ar 31 % - X. 📝		nore		know
ASSOCIATION NO DESCRIPTION OF SECULO OF SECULO OF A	S, Dose per day C Less	THE RELEASE OF THE PROPERTY OF			01 to	Difference (1980) and the control of the	) 130	·8 年 8. 紀世 20		Don't
(Include Calcium in Tums, etc.) (I Tum = 200 mg. elemental calciu		<del></del>	mg.	<u> </u>	300 m	#.20 2 18 12 12 13	8 80 Nees And	nore		cnow
Selenium No Yes		s than $\bigcirc$ 80			40 to		260			Don't
Nicoto ON CONTRACTOR	∫ per day: 80 m		mcg.		50 mc			nore		know
) Niacin () No () Yes ===================================		s than $\bigcirc$ 50 t	persa estáblicadas	4.6.0. × × .604	00 to		900	N 14 14 15 15 15 15		Don't
Zina ONI- OV	∫ per day: 50 r				00 mg.		2 2 6 2 6 6 6	nore	<u> </u>	know
Zinc No Yes		s than 25 t			5 to	(	) 101			Don't
	∫ per day: 25 n				00 mg.			nore		cnow
mulamanta	Potassium () Chr		) Folio			) DHE			State State of the	/itamin [
nat von take	Magnesium () Leci			omplex		) Iron	()	Other (	Please sp	pecify) 🦞
n a regular 🔑 Vitamin 🖰 12 💮 🖳 🤍 1	raka a a a a a a a a a a a a a a a a a a			go Bilo	1 100 CO					
	· (4) 12. 14. 14. 14. 14. 14. 14. 14. 14. 14. 14	EL CONSENSO SENSO ANTENSOS PROPRIOS SENSOS PER PER	) Garl	ic Supp	lement	S				
() Ginseng () (	Ce 1-bu2/M2ne ( ) Cb-	ondroitin (	Ivec	pene						
O Children Company	St. John's Wort Cho	maroiun (	J - 7 CC			8/8.				
						24)				
					tsı	24				
24. How many teaspoons of sugar do you	add to your beverages o				tsı	(A)	o) (1) (0	2)(3)(	4) (5) (	6) (7) (8
24. How many teaspoons of sugar do you	add to your beverages o	r food each day			tsı					6) (?) (8 6) (?) (8
<ul> <li>24. How many teaspoons of sugar do you</li> <li>25. What brand and type of cold breakfast do you usually eat?</li> <li>Don't eat</li> </ul>	add to your beverages o	r food each day			tsı	25 (	<b>90</b> 0	2)3(	4) (5) (	
24. How many teaspoons of sugar do you  25. What brand and type of cold breakfast do you usually eat?  Don't eat breakfa	add to your beverages of t cereal Specify cold ast cereal.	r food each day	? What spe	ecific bran	nd & type	25 (	(a) (1) (1) (2) (3) (4) (4) (4) (4) (4) (4) (4) (4) (4) (4	2)3(	4) (5) (	676
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24. How many teaspoons of sugar do you  25. What brand and type of cold breakfast do you usually eat?  Don't eat breakfast of you usually eat?  None Form? Stick Tub Type? Reg Ligh  27. For each food listed, fill in the circle in on average you have used the amount the past year.  DA  Milk (8 oz. glass)  Milk (8 oz. glass)  Other flavored yog frozen yogurt, she Regular ice cream (Yogurt, plain or artifus of the flavored yog frozen yogurt, and use in cooking Butter (pat), addeduse in cooking  Ottage or ricotta Cream cheese (I oz.	add to your beverages of t cereal specify cercold ast cereal.  Ily use?  Spray  Extra Light  Indicating how often the specified during specified during specified during specified during specified	r food each day ereal brand & type  Squeeze (liquid) Nonfat  Never, or less than once per month  (I/2 cup) (Ude)  Ude	Vhat spee.g., Blue	AVERACE WEEK  WEEK	d & type Lower Fa	LAST Y	EAR Per day  D D D D D D D D D D D D D D D D D D	2 (3) ( 2) (3) ( 2-3	4) (5) (4) (5) (4) (5) (4) (5) (4) (5) (4) (5) (4) (5) (4) (5) (4) (5) (4) (5) (4) (5) (4) (5) (4) (5) (4) (5) (4) (5) (4) (5) (6) (6) (6) (6) (6) (6) (6) (6) (6) (6	6) (7) (8 6) (7) (8
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24. How many teaspoons of sugar do you  25. What brand and type of cold breakfast do you usually eat?  Don't eat breakfast of you usually eat?  None Form? Stick Tub Type? Reg Ligh  27. For each food listed, fill in the circle in on average you have used the amount the past year.  DA  Milk (8 oz. glass)  Milk (8 oz. glass)  Cream, e.g., coffee, Non-dairy coffee vero Frozen yogurt, sheem Regular ice cream (Yogurt, plain or artifus of the fill of the flavored yogus of	add to your beverages of t cereal sold ast cereal.  Ily use?  Spray  Extra Light  Indicating how often the specified during sold during sold milk  I or 2 % milk  Whole milk  Soy milk  whitener (I Tbs)  The bet or non-fat ice cream (I whitener (I Tbs)  The bet or non-fat ice cream (I I I I I I I I I I I I I I I I I I I	r food each day ereal brand & type  Squeeze (liquid) Nonfat  Never, or less than once per month  (I/2 cup) (Ude)  Ude	Vhat speeds, Blue	AVERACE WEEK  WEEK	GE USE  2-4 per week  O O O O O O O O O O O O O O O O O O	LAST Y  S-6 per week  O O O O O O O O O O O O O O O O O O	EAR Per day  D D D D D D D D D D D D D D D D D D	2-3 per day	4-5 per day OOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOO	6) (7) (8 6) (7) (8

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

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.

	ever, or less than once	1	Der	2-4	5-6	Der	2-3	4-5 per	6+ per
	er month	per month	per week	per week	per week	per day	day	day	day
Raisins (1 oz. or small pack) or grapes		0	W	0	0	(D)	0	0	0
Prunes (7 prunes or 1/2 cup)	0	0	(w)	0		(D)	0	0	0
Prune juice (small glass)	I Ŏ	Ŏ	(w)	Ŏ	Ŏ	<u>(D)</u>	Ŏ	Ŏ	Ŏ
Bananas (I)	10	Ŏ	(w)	$\tilde{\cap}$	$\overline{\bigcirc}$	(D)	Ŏ	Ŏ	ŏ
Cantaloupe (1/4 melon)	lă	Image: Control of the	(w)	ŏ	K	(D)	ŏ	ŏ	Ö
	$\dashv \approx$				$\sim$		$\sim$	8	$\sim$
Avocado (1/2 fruit or 1/2 cup)	$+ \approx$		(W)	$\sim$	$\sim$	0		X	
Fresh apples or pears (I)			(W)	$\bigcirc$	$\vee$	(D)	$\vee$	$\vee$	$\bigcirc$
Apple juice or cider (small glass)	10	10	(w)	$\bigcirc$	$\bigcirc$	(D)	0	O O	0
Oranges (I)		$\bigcirc$	(W)	Q	Ó	(D)	Q	- Q	Q
Orange juice (small glass) Calcium fortified		Q	(w)	0	0	(D)	0	0	0
Regular (not fortified)	O	O	(W)	0	0	(D)	0	0	0
Grapefruit (1/2) or grapefruit juice (small glass)			W	0	0	D	0	0	0
Other fruit juices (small glass)			(W)	0	0	(D)	0	0	0
Strawberries, fresh, frozen or canned (1/2 cup)	0	0	W	0	0	D	0	0	0
Blueberries, fresh, frozen or canned (1/2 cup)		0	W	0	0	<b>(D)</b>	0	0	0
Peaches, apricots or plums (1 fresh, or 1/2 cup canned)	0	0	W	0	0	D	0	0	0
Ne	ever, or less		I	2-4	5–6	I	2–3	4-5	6+
	than once er month	per month	per week	per week	per week	per day	per day	per day	per day
Tomatoes (1)		$\cap$	(W)	$\circ$	$\overline{\bigcirc}$	(D)	Ó	Ó	Ó
Tomato or V-8 juice (small glass)	10	0	(W)	$\tilde{\Box}$	$\bigcirc$	(a)	Ŏ	0	Ŏ
Tomato sauce (1/2 cup) e.g., spaghetti sauce	lŏ	ŏ	(8)	$\stackrel{\smile}{\cap}$	ŏ	(a)	ŏ	ŏ	ŏ
Salsa, picante or taco sauce (1/4 cup)	18		(S)			(D)	Ö		Ŏ
Tofu, soy burger or other soy protein	$+\delta$	18	(W)	K	Ŏ	(b)	ă	l o	8
2. 2. 2. 2. 2. 2. 2. 2. 2. 2. 2. 2. 2. 2	-18	18	(W)	$\geq$	$\mathbb{R}$	(a)	1	1	$\sim$
String beans (1/2 cup)		10	$\sim$	$\overline{\mathcal{O}}$	$\overline{\mathcal{C}}$		8	10	
Beans or lentils, baked or dried (1/2 cup)	19	$\sim$	(W)	$\sim$	$\sim$	(D)	$\sim$	2	$\mathbb{R}^{-1}$
Peas or lima beans (1/2 cup fresh, frozen, canned)		10	(W)	0	0	(D)	0	0	0
Broccoli (1/2 cup)	$\sim$	$\mathbb{R}^{2}$	(W)	$\subseteq$	$\subseteq$	(D)	$\stackrel{\square}{\sim}$	$\stackrel{\square}{\bowtie}$	$\subseteq$
Cauliflower (1/2 cup)		10	(w)	$\bigcirc$	$\bigcirc$	(D)	$  \bigcirc  $	l Q	
Cabbage or coleslaw (1/2 cup)	Ŏ	$\vee$	(w)	$\overline{\circ}$	$\bigcirc$	(D)	Q	$\bigcirc$	$\bigcirc$
Brussels sprouts (1/2 cup)	$\downarrow 0$	O	(w)	0	O	(D)	O	O	O
Carrots, raw (1/2 carrot or 2–4 sticks)	O	0	(W)	0	0	(D)	0	0	$\circ$
Carrots, cooked (1/2 cup) or carrot juice (2–3 oz.)	0		W	0	0	0	0	0	0
Corn (1 ear or 1/2 cup frozen or canned)		0	W	0	0	(D)	0	0	0
Mixed vegetables, stir-fry, vegetable soup (1/2 cup)	0	0	W	0	0	D	0	0	0
Yams or sweet potatoes (1/2 cup)			W		0	<b>(D)</b>	0	0	0
Dark orange (winter) squash (1/2 cup)		0	W	0	0	D	0	0	0
Eggplant, zucchini or other summer squash (1/2 cup)		0	(W)	0	0	(D)	0	0	0
Kale, mustard greens or chard (1/2 cup)		0	W	0	0	D	0	0	0
Spinach, cooked (1/2 cup)		Ō	(w)	0	0	(D)	Ō	Ō	O
Spinach, raw as in salad (serving)	0	0	(W)	0	0	(D)	0	0	O
Iceberg or head lettuce (serving)	ΙŎ	Ŏ	(w)	Ŏ	Ŏ	(a)	Ŏ	Ŏ	Ŏ
Romaine or leaf lettuce (serving)	1ŏ	$\stackrel{\smile}{\cap}$	(w)	Ŏ	Ŏ	(D)	$\tilde{}$	Ŏ	Ŏ
Celery (4" stick)	Τŏ	lŏ	(w)	ŏ	Ŏ	(b)	ŏ	M	ŏ
Green or red peppers (3 slices or 1/4 pepper)			(W)			(a)		0	
Onions as a garnish or in salad (1 slice)	$\frac{1}{6}$	$\sim$	$\vdash$	8	8	$\vdash \simeq$	18	0	$ \mathcal{A} $
Onions as a yearnish of in salad (1 shee)  Onions as a vegetable, rings or soup (1 onion)	+		(w)			(D)	1		
	ever, or les	s I-3	(w)	2-4	5–6	(D)	2-3	4-5	6+
	than once	per	per	per	per	per	per	per	per day
	per month	month		week	week	day	day	day	day
Egg Beaters or egg whites only (1/4 cup or 1 egg)	$\exists \varphi$	10	(w)	X	Q	(e)	Q	Ŏ	Q
Eggs including yolk (1)	O	10	(w)	O	Ŏ	(D)	Q	0	Ŏ
Beef or pork hot dogs (1)	0	Q	w	O	O	(D)	0	0	0
		10	W	0	0	(D)	0	0	
Chicken or turkey hot dogs (1)			The second secon		1.2		1000		
Chicken or turkey sandwich	Ŏ	0	W	()		(0)		$\cup$	U
	Ö	0	(W)		0	(D)		0	O
Chicken or turkey sandwich	Ö O O	000	$\vdash$	0	0	$\vdash$	0	000	Ŏ

HARVARD SCH	OOL OF PU	JBLIC HEA	ALTH	[ 5 ]				Hea	Ith P	rofes	sional	s Fol	low-u	p Stu	ıdy
27. (continued) Fo	or each foo	d listed, fi	ll in the	circle indicating how ofte	en <u>on</u>										(a)
average you	have used	the amou	nt speci	fied <u>during</u> the past year.	Never, o			Der	2-4	5–6	1	2-3	4–5	6+	1
		2983	EGGS,	MEAT, ETC.	per m		month	per week	per week	per week	per day	per day	per day	per day	P
	Salai	mi, bologna,	or other	processed meat sandwiches		0	0	W	0	0	0	0	0	0	
	Oth	er processe	d meats	, e.g., sausage, kielbasa, etc.		美国									
	(2 o	z. or 2 smal	l links)			0	0	W	0	0	D	0	0	0	0
	Ham	nburger (1 p	natty)	Lean or extra lean		0	0	(w)	0	0	(D)	0	0	$\overline{O}$	Ō
	I Idii	ibuigei (i p	Jacky)	Regular		0	0	W	0	0	D	Ō	0	Ō	O
	Beet	, pork, or la	mb as a	sandwich or mixed dish,			# 52 # A S P 2 4 8 7 8								
		stew, cassei				$\circ$	0	(w)	0	$\circ$	(D)	$\circ$	$\circ$	$\bigcirc$	0
	Pork	cas a main	dish, e.g.	, ham or chops (4-6 oz.)		O	0	(w)	0	O	(D)	O	Ô	O	ĬŎ
	Beef	or lamb as	a main d	lish, e.g., steak, roast (4-6 oz.)		Ŏ	Ŏ	(W)	Ŏ	Ŏ	(a)	Ŏ	Ŏ	Ŏ	lŏ
	Can	ned tuna fis	h (3-4 c	oz.)		0	0	(w)	Õ	0	(D)	Ŏ	Ŏ	Ŏ	1
	Brea	ided fish cal	kes, piec	es, or fish sticks								Ŏ			
	(1 se	erving, store	bought		4446688 535485 53648	$\bigcirc$	$\circ$	(w)	$\circ$	$\circ$	(D)	$\circ$	$\circ$	$\cap$	
	Shri	mp, lobster,	scallops	as a main dish		Ŏ	Ô	(w)	$\tilde{\bigcirc}$	Ŏ	(D)	$\overline{\bigcirc}$	Ŏ	Ŏ	16
	Dar	c meat fish.	e.g., mad	kerel, salmon, sardines,											
		fish, swordf				$\bigcirc$	$\circ$	(W)	$\cap$	0	(D)	0	$\bigcirc$	$\circ$	0
	Oth	er fish, e.g.,	cod, had	dock, halibut (3–5 oz.)		$\tilde{\bigcirc}$	Ŏ	(W)	Ŏ	Ŏ	(D)	$\tilde{c}$	$\sim$	$\overline{\mathcal{C}}$	0
		87			Never, c	or less	1–3	Ī	2-4	5–6	1	2–3	4–5	6+	
		BREA	DS. CER	EALS, STARCHES	than o	once	per month	per week	per week	per week	per day	per day	per day	per day	(P)
	Col	d breakfast o		LANGULAK PERPENCERAN PERMANUNTAN LAKAR PERMERIKAN DISAKAN	PCI III			(W)	week	week	(D)	day	Cay	Cay	9
				d oat bran (1 cup)		$\frac{\circ}{\circ}$	$\overline{\bigcirc}$	(W)	$\sim$				$\sim$	$\geq$	1
	E CONTROL OF THE PARTY OF THE P			cereal (I cup)		$\frac{\circ}{\circ}$	X	$\sim$	No.	$\delta$	(D)	ŏ	$\frac{1}{6}$	$\frac{1}{2}$	1
						$\frac{\circ}{\circ}$		(W)	$\sim$	$\overline{\bigcirc}$	(D)	$\sim$	$\geq$	$\leq$	
	2 (2.8) (2.8)	8-3 S-8/2 M S-3 S-8/2	THE STREET	uding pita bread		$\stackrel{\smile}{\sim}$		(W)	$\frac{1}{6}$	$\mathcal{L}$	(D)	$\sim$	$\frac{1}{2}$	$\sim$	
				ding wheat pita bread		$\frac{\circ}{\sim}$	$\sim$	(W)	$\sim$	$\simeq$	(D)	$\geq$	$\geq$	$\geq$	
	2-40 to 10 to	els, English n		r rolls (1)		$\aleph$	$\mathcal{C}$	(W)	$\mathcal{O}$	$\mathcal{O}$	(D)	$\mathcal{L}$	$\frac{0}{0}$	$\bigcirc$	
		ins or biscu				$\bigcirc$	$\bigcirc$	(W)	$\sim$	$\sim$	( <u>0</u> )	$\geq$	$\sim$	$\stackrel{\sim}{\sim}$	
		akes or wat	20-22-08 Ph. 05-0-18-6	ving)		$\approx$	$\bigcirc$	(w)	$\bigcup_{i \in \mathcal{I}} \mathcal{I}_i$		(D)	$\frac{\circ}{\circ}$	$\bigcirc$	$\bigcirc$	
		wn rice (I c	and the fact of the last of th			$\cong$	$\sim$	(w)	$\sim$	$\sim$	(D)	$\sim$	$\bigcirc$	$\bigcirc$	
		te rice (1 cı		11 - 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1		$\geq$	0	(W)	$\bigcirc$	$\mathcal{O}$	(D)	$\odot$	$\circ$	$\frac{1}{2}$	
			etti, noo	dles, etc. (1 cup)		$\bigcirc$	$\sim$	(w)	$\bigcirc$	$\sim$	(D)	$\otimes$	$\bigcirc$	$\widetilde{Q}$	$\bigcirc$
	The Control of	illas (I)			1000000000	$\geq$	$\bigcirc$	(w)	$\sim$	$\bigcirc$	(D)	$\frac{9}{9}$	$\bigcirc$	0	
		ch Fries (4				$\bigcirc$	$\bigcirc$	(w)	$\odot$	$\odot$	(D)	$\circ$	$\bigcirc$	$\bigcirc$	
	CETS 04 K/4	GIGELT COLOR. IT NOTE IN 18 18 18	CARREST SUNDO	I) or mashed (I cup)		$\bigotimes$	$\bigcirc$	(w)	$\subseteq$	$\bigcirc$	(D)	$\bigcirc$	$\bigcirc$	$\bigcirc$	
	Pota	to chips or		ps (small bag or 1 oz.)		$\bigcirc$	$\bigcirc$	(w)	$\odot$	$\bigcirc$	(D)	Ŏ	( <u>)</u>	<u>()</u>	
	Crae	ckers (8)	100 0 100 000	or light		$\odot$	$\bigcirc$	(w)	$\bigcirc$	0	(D)	$\bigcirc$	0	$\overline{\mathbb{Q}}$	0
			Regular		\$ 25 to 100	$\odot$	$\circ$	(w)	$\bigcirc$	Q	(D)	Q	Ŏ	0	
	Pizza	a (2 slices)			Marian	$\bigcirc$	Q	(w)	0	0	(D)	0	0	0	
		<b>医数学系数数多数</b>	and the second	The second secon	Never, o		I-3 per	per	2-4 per	5–6 per	per	2-3 per	4–5 per	6+ per	
CARRONIATER				EVERAGES	per mo	onth	month	week	week	week	per day	per day	day	per day	(P)
CARBONATED BEVERAGES	Low-Calorie	20 31 ASSA 30 AS 30 AS 31 AS 32 AS 3		th caffeine, e.g., Diet Coke		$\odot$	Ó	(W)	$\odot$	Ŏ	<u>(D)</u>	Ŏ	Ó	Ō	
	(sugar-free)			with caffeine, e.g., Diet Mt. De		$\bigcirc$	Ó	(W)	0	Ó	(D)	0	0	0	
Consider the serving size as	types			without caffeine, e.g., Diet 7-U	JP	$\bigcirc$	$\odot$	(W)	Ŏ	Ŏ	<u>(D)</u>	Q	Q	Ō	0
I glass, bottle	Domilos			er cola with sugar		$\bigcirc$	0	(w)	$\circ$	0	(D)	0	0	0	
or can for these carbonated	Regular types (not			pev. with caffeine and sugar,											
beverages.	sugar-free)			, Dr. Pepper		<u> </u>	0	(W)	0	0	<b>(D)</b>	0	0	0	
				peverage with sugar, e.g., 7-Up	)	$\bigcirc$	0	(w)	0	0	(D)	0	0	0	0
OTHER BEVER		E1		ther non-carbonated fruit											
			<u> </u>	ce tea (1 glass, bottle, can)		$\circ$	0	_(W)	0	0	<b>(D)</b>	0	0	0	
				s, bottle, can)		$\bigcirc$	0	W	0	0	D	0	0	0	0
				Light (1 glass, bottle, can)		0	0	(W)	0	0	(D)	0	0	0	
		Red wine (		/		0	0	W	0		D	0	0	0	
		White wine			3818	0	0	W	0	0	(D)	0	0	0	
				in, etc. (I drink or shot)		0	0	W	0	0	(D)	0	0	0	
		**************************************	Name of the last o	sparkling, or tap (1 cup or gla	ass)	0	$\circ$	w	0	$\circ$	<b>(b)</b>	O	0	0	
				feinated tea (1 cup)		0	0	W	0	0	<b>D</b>	0	0	0	0
				cup), not herbal teas		0	0	W	0	0	<b>(D)</b>	0	0	0	
		Decaffeinat		\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \		0	0	W	0	0	(D)	0	0	0	
		Coffee with	caffeine	(I cup)	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	0	0	W	0	0	<b>(D)</b>	0	$\circ$	0	0

HARVARD SCHOOL O	F PUBLIC HEALTH			6				Н	ealth	Prof	essic	na	Is	Follow-	up St	udy =
27. (continued) For each	food listed, fill in the cir	cle in	dicatin	g how	often	on av	erage	you h	ave us	sed the		(	<b>D</b>	<b>DD</b>	10	① ① <b>•</b>
amount specified d	uillia the publicult.	r, or less		Por	2-4	5–6	1	2-3	4-5	6+		(	2)	222	22	(2) (2)
SWEETS, BAKED GOO		month	per	per week	per week	per week	per	day	per day	per day		. (	4)	444	(4) (4)	(4) (4) <b>•</b>
Chocolate (bar or packe	t) e.g., Hershey's, M & M's	0	0	(w)	0	0	(D)	0	0	0		(P) (	8)	(8)(8)(8)	(8) (8)	(8) (8)
Candy bars, e.g., Snickers		Ō	Ō	(W)	Ō	0	(D)	0	Ō	Ō		(a) (	P)	(P)(P)(P)	(P) (P)	(P) (P)
Candy without chocolate		Ŏ	Ŏ	(w)	Ŏ	Ŏ	(D)	Ŏ	Ŏ	Ŏ	Ŏ	(b)				
	Fat free or reduced fat	$\tilde{\bigcirc}$	Ŏ	(W)	Ŏ	Ŏ	0	Ŏ	Ö	Ŏ	ŏ	Ŏ.	A	000		<u></u>
	Other ready made	ŏ	Ŏ	(W)	ŏ	ŏ	(D)	Ŏ	Ŏ	lŏ	ŏ	$\mathbb{A}$	Ă	ത്ത്	$\vdash                   $	ത്ത്.
	Home baked	Ö		(w)	$\overline{\bigcirc}$	$\tilde{\cap}$	(D)	$\overline{}$	$\overline{\bigcirc}$	$\overline{a}$	ŏ		$\preceq$	<u>ത്ത്</u>		ത്ത്-
Brownies (I)	riome baked	ŏ	Ŏ	(w)	ŏ	ŏ	(D)	ŏ	ŏ	ŏ	$\preceq$		$\preceq$	<u></u>		<u>aa</u>
Doughnuts (1)		0		(W)	$\overline{}$	0	(D)	0					$\stackrel{\sim}{\sim}$			
		X	10	(W)	Ö	ŏ	(0)	10	8	18	$\approx$		$\asymp$			
Cake, ready made (slice)	#2# 2### 1#1# ##1# 27 17# 2##15 5\$ 11## 11## 11# 11# 11# 11# 11#	$\sim$	1	$\sim$	$\sim$	$\sim$	$\sim$		$\frac{1}{2}$	12	8		$\asymp$			
Cake, home baked (slice)		$\frac{1}{6}$	8	(w)	8	8	(D)	8	8	18	$\cong$		X	$ \begin{pmatrix} 6 & 6 & 6 \\ 6 & 6 & 6 \end{pmatrix} $		
Pie, homemade or ready		$\bigcirc$	18	(w)	$\stackrel{\smile}{\sim}$	$\stackrel{\smile}{\sim}$	(D)		$\mathbb{R}$	$\vdash \bowtie$	$\sim$		$\preceq$			(7) (7) <b>•</b>
Jams, jellies, preserves, sy	rup, or noney (1 1 bs)	0	0	(W)		0	(D)	0	9	10	$\mathbb{R}^{2}$		$\mathcal{L}$			(8) (8)
Peanut butter (I Tbs)	######################################	$\odot$	$\stackrel{\square}{\simeq}$	(w)	$\mathbb{R}^{2}$	$\cong$	(D)	$\stackrel{\square}{\simeq}$	$\sim$	$\stackrel{\square}{\bowtie}$	$\mathbb{Q}$		$\cup$	$\Theta \Theta \Theta$		(9) (9)
Popcorn (3 cups)	Fat free or light	0	Q	(w)	0	0	(D)	0	0		$\bigcirc$					
(	Regular	Ō	(Q)	(w)	$\mathcal{O}$	Ŏ	(D)	Ŏ	$\bigcirc$	Q						
Sweet roll, coffee cake	Fat free or reduced fat	0	0	w	O	0	D	O	0	O						
or other pastry	Other ready made	0	O.	w	0	0	0	0	0	0			B)	$\overline{0}$		(0) (0) <b>=</b>
(serving)	Home baked	0	0	W	0	0	(D)	0	0	0		(		$\bigcirc$		① ① <b>•</b>
Pretzels (I small bag or	serving)	0	0	W	0	0	(D)		0	0		(		222		② ② <b>=</b>
Peanuts (small packet or	· l oz.)	0	0	W	0	0	D	0	0	0		(		333		③③■
Walnuts (1 oz.)		0	10	W	0	0	(D)	0	0	0	0	==(		444		<b>4 4</b>
Other nuts (small packet	t or I oz.)	0	0	W	0	0	(D)	0	0	10	0			(5) (5)		(5) (5) <b>•</b>
Oat bran, added to food	(I Tbs)	0	0	(W)	0	0	(D)	0	0	0		- (		666		<b>66</b> ■
Other bran, added to fo	od (I Tbs)	0	0	(w)	O	0	(D)	Ō	Ō	O	Ŏ			$\bar{\sigma}\bar{\sigma}\bar{\sigma}$	1335.7	(7)(7)
Wheat germ (I Tbs)		Ŏ	Ŏ	(w)	Ŏ	Ŏ	(D)	Ŏ	Ŏ	Ŏ	Ŏ		Ŏ	(8) (8) (8)	12-12-1	(8) (8)
Chowder or cream sour	o (I cup)	Ŏ	O	(W)	Ŏ	Ŏ	(D)	Õ	Ö		Ŏ		Ŏ	$\widecheck{\mathfrak{G}}$	100000	(a) (a)
Ketchup or red chili sau		Ŏ	ĬŎ	(w)	Ŏ	Ŏ	(D)	Ŏ	Ŏ	Ŏ	Ŏ		Ĭ	$H \subset \mathcal{F}$		
Salt added at table (1 sha		0	Ŏ	(W)	Ŏ	Ŏ	(D)	Ŏ	Ŏ	Ŏ	ŏ	33	<b>6</b> )	000		(ii) (iii)
Nutrasweet (I packet)		ŏ	Ĭŏ	(W)	Ŏ	Ŏ	(D)	Ŏ	Ŏ	ŏ	ŏ		ă	ക്ക്		(A) (A)
Garlic (1 clove or 4 shake	(AS)	<u> </u>	10	(w)	$\overline{\bigcirc}$	$\overline{}$	(D)		$\overline{\alpha}$	18	X		$\preceq$	<u> </u>		(2) (2) <b>•</b>
Olive oil added to other		18	HÃ	(w)	ŏ	Ŏ	(b)	K	ŏ	K	X			<u>.</u>	4500000	(3) (3) <b>•</b>
Low-fat or fat-free mayo		1		(w)	0		(D)							(4) (4) (4)	100000	(A) (A)
		8	18	$+ \times$	10	18	$\vdash$ $\stackrel{\sim}{\sim}$	18	18	18	K			otag	112111	
Regular mayonnaise (IT	DS)	$\frac{1}{2}$	10	(W)		2	(D)	$\stackrel{ }{\sim}$		12	$\mathbb{R}^{2}$		$\Xi$		43.55	(5) (5)
Salad dressing (I Tbs)			$\perp \cup$	(w)	10	$\cup$	(D)	10	$\overline{LO}$	10	U		$\frac{2}{3}$	$ \begin{array}{c} (6) & (6) & (6) \\ (6) & (6) & (6) \end{array} $	44.0444.4	(6) (6) <b>•</b>
Type of salad dress		.ow-fa			e oil	n 1619119194917		er vege	**************************************	15 74 04 51 30 51 A			28)			
28. Liver: beef, calf or			than		_	/mo	_	2-3/mo	_	l/week				(8) (8) (8)	10000	(8) (8)
	ırkey (1 oz.) Never (		Carrier Street, Street		A SECURITION OF THE PROPERTY O				$\bigcirc$	I/week	or mo	re		(9)(9)(9)		(9) (9)
그는 마다 이번 사람이 있는 것이 없는 사람들이 가장 그렇게 하는 기계를 하고 있습니다. 그리아는 모양 목록을	visible fat on your beef, po	e wie de les last de le										84 9 83 6 8 8 8	29)			
	at O Remove most O F								<u> </u>	Don't e	at me	at				
	eat fried or sautéed food a			_				)					(30)			(a) (b)
	eek			Section American Chiefe		THE CONTRACT WATER										$\bigcirc$
ana ara-kar <u>ila da da kabaratan kaban</u> an kaban kaban baratan kaban kaban kaban kaban kaban kaban kaban kaban kab	usually used for frying a Margarine Vegetal		1988-1981-1984-1985 (K. 1985)		A November 1980	1900 A 1800 A	68 (AT 52 GH 68 54)	listis link <u>ii li</u> alii 1	2 36 37 36 27 36 2	7)			31)			2 2 <b>.</b>
	usually used for baking a		- late the second second		S. A. A. D. G.	ii. ' is all all action	**************************************				. m 04A . m		(32)			(4) (4) <b>•</b>
Real butter				) Vege	etable s	shorter	ning	OL	ard							(5) (5) <b>•</b>
	ng oil is usually used at l	75, 480 (875) (886) (80	.8 Ht 95' 18' 83' Ht 4				0					27-8- (21) 2- (24) (31)	(33)			(6) (6) <b>•</b>
	Oil) Specify brand ar	Electric Difference	STATE OF THE PROPERTY OF		<b>)</b>							8441 ***** ****				00
	eat deep fried chicken, fis			clame	S AWAY	from	homo	2	<u> </u>	<u> </u>	es 2 3 0 .	1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1	34		11111	<u>a</u>
				_				_	Daily				97			
35. Are there any other	_	week	0	) 4-6 ther foo	ods that	you us	ually	Se	rvings (	35)						
Include for example: Apple	least once per week? esauce, mushrooms, bulgur, couscou	The second secon		eat at le	ast onc	e per w	reek		per veek							
fruit, papaya, rhubarb, cust	apricots, dates, figs, mango, mixed d ard, venison, hot peppers, pickles, o	lives,	(a)													
	olus or light), Power/Sports bars.  s and do not list something that ha	s	(b)													
been listed in the previous			(c)													