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1. Do you c	currently ta	ake mult	ivitamins	? (Pleas	e report	other individ	dual vitami	ns in the	e nex	t secti	on.)	5	0 (1	1 2 3	3 4 5	6 (7	7 8 (
No No	a) How	many do	you take	e per wee	ek? (2 or less (3–5	6–9	010	0 or mo	ore						
Yes	b) Is this	s usually	a gummy	vitamin?	? () N	No Yes											
	c) Is the	type you	u most of	ten take l	labeled fo	or: Mer	n O W	/omen) Both							
7	d) What	specific	brand (or	r equivale	ency) do <u>y</u>	you most oft	en take? (S	elect ON	E ON	LY)		\bigcirc 0	ther Mu	ultivitami	ns (with	minera	als)
	○ Ce	ntrum silv	er or Sen	ior Vit.	One-	-A-Day Teens	or equiv.	○ Eye	e Heal	th		00	ther Mu	ultivitami	ns (with	out min	nerals)
	Ce	ntrum or	generic ed	quiv.	Flints	stones or Kids	Multi equiv	. Wh	ole Fo	oods/		00	ther $\cline{ }$	ļ-			
	On	e-A-Day	or equiv.		Pren	atal		Ve	egetar	ian/Fru	it Bites			•			
ot counting	g multivit	amins,	do you	take an	y of the	following	vitamin pı	reparat	ions'	?							
a) Vitamin A	A No	Y	es, seaso	nal only	If) Dose per	Less	than	<u>3</u>	,000 to) (4,80	0 to	<u> </u>	,900 mc	g () Dor
		O Y	es, most	months	Yes,	day:	3,000	0 mcg	4	,500 m	cg	6,60	0 mcg	O	r more		kno
b) Potassiui	m No	O Y	es ====	\rightarrow	➤ If Yes,) Dose per	Less	than	<u>3</u>	to	() 10 to)	<u></u>	0 mEq) Dor
						day:	2.5 mEq	(100 mg)	9	mEq		19 m	nEq	0	r more		kno
c) Vitamin C	C No	Y	es, seaso	nal only	If) Dose per	Less	than	<u> 4</u>	00 to	(750	to	<u> </u>	300 mg) Dor
		\bigcirc Y	es, most	months	Yes,	day:	400n	ng	7	00 mg		1250) mg	0	r more		kno
d) Vitamin E	B ₆ No	Y	es ====		➤ If Yes,) Dose per	Less	than	<u></u>	0 to	(100	to	<u> </u>	50 mg	() Dor
					,	day:	50 m		$\overline{}$	9 mg		149			r more		kno
e) Vitamin E	E No	O Y	es ====		➤ If Yes,			than		00 to		301			01 mg) Dor
,						day:	100 ו	mg	3	00 mg		400	mg	0	r more		kno
					Type			ılar (dl)		nknow	h		_				
f) Calcium	○ No	O Y	es ====		➤ If Yes,		<u> </u>	than	4	00 to		901	to	<u> </u>	501 mg) Dor
(Include Ca	alcium in Tums	s, etc.)				(elemental cal	, – /	mg	10	00 mg	7 `	1500) mg	0	r more		kno
g) Vitamin D	D No	Y	es, seaso	nal only	. If	1 Doge per		00 W s	<u> 1</u>	000-19	99 U's	<u>2</u>	000-49	999 IU's	<u> </u>)00+ II	U's
(in calcium supplen		\sim	es, most		Yes.	day:	, ~, ,	mca)	2	49 n	`		50-124			25+ m	
							1 1	11	\bigcirc 3	11 10	10,	75 to		<u> </u>	<u> </u>		Dor
h) Zinc	No No		es		If Yes,) Pose per	O Less	than\\	\cup	17	1) 10 10)	() 10	01 mg		الما ر
2. Are there supplem that you	nents	Meta B-Co Flax	amucil/Cit		Iron Vitar Magi	pin B12 (nesium	31 m Polic Ac Fish Oi Lyeoper	id ne) c	mg oenzyr od Live	er Oil n	100		oiotics	r more	irmeric	kno
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2. Are there supplem that you a regular add to you. 4. What bracereal do Don't. 5. For each average your feet out.	re other nents I take on Ir basis? I take on Ir basis. I take on Ir basis. I take on I	Meta B-Co Flax Beta Boons of brages of type of ost ofter reakfast of ed, fill in used the used the ded Pure Marg ded Pure Marg Butte Plain Artificial	seed oil carotener f sugar or food e cold bre n eat? cereal. the circle e amoun Skim m 1 or 2 9 Whole Almono Soy mil Other p sour (exc nitener (exc bet, or lov 1 cup) butter or garine er with add	do you each day eakfast de indicat specific alley Focalille de milk de milk de milk de milk de colude fat de column de	y? Iron Vitar Maguliac y? ed milk free) (1 To t free) (1 To cream (1) g., Land Co , light per	by day April B12 Apr	31 m Aplic Ac Hish O Lyeoper Glucosar p. 2 tsp nd & type isin Bran)	emine/Chc a. 3 ts b. 8 ts	Spondroir	eleniur tin () 4 tsp) 9 tsp AVI 1–3 per	er Oil m Othe o. 5 o. 1 ERAG 1 per week W W W W W W W W W W W W W W W W W W	100 0 0 (str	More ti Write n here	han 10? han 10	Tu C C C C C C C C C C C C C C C C C C C	1 6 7 6 7 4-5	kno
2. Are there supplem that you a regular add to you. 4. What bracereal do Don't. 5. For each average your feet out.	re other nents I take on Ir basis? I take on Ir basis. I take on Ir basis. I take on I	Meta B-Co Flax Beta Boons of Frages	seed oil carote le f sugar or food of cold bre n eat? cereal. the circle e amoun Skim m 1 or 2 9 Whole Almond Soy mil Other p sour (exc bet, or lov 1 cup) butter or garine er with add	do you each da eakfast le indicant specific spe	ed milk free) (1 Toream (1 cream (1 cre	blackes Butter D Lakes Butter	31 m Aplic Ac Hish Ol Lyeoper Glucosar p. 2 tsp nd & type isin Bran) year. No	ever, or les ponce per m	s than conth	AVI 1-3 per month	ERAG 1 per week W W W W W W W W W W W W W	100 o control o	More the Write n here Description of the control o	han 10? han 10	Tu C C C C C C C C C C C C C C C C C C C	4–5 per day	knocc/ cc/ tsj 6+ per da 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
2. Are there supplem that you a regular 3. How man add to you 4. What bracereal do Don't 5. For each average your fill will be so brown in the supplement of	re other nents I take on Ir basis? I take on Ir basis. I take on Ir basis? I take on Ir basis. I take on Ir basis. I take on I	Meta B-Co Flax Beta Doons of Frages of Stype of Ost ofter Frakfast of Get offer Frakfast of Get offer Marg Butte Plain Artificiall Sweeter Mat type	seed oil carote of f sugar of or food of cold breat? cereal. the circle amoun Skim m 1 or 2 9 Whole Almond Soy mil Other p sour (exc bet, or low of the circle of the cir	do you each da eakfast de indicate specificate specif	ed milk free) (1 Toream (1 cream (1 cre	by day April B12 Apr	31 m Aplic Ac Hish Ol Lyeoper Glucosar p. 2 tsp nd & type isin Bran) year. No	ever, or les ponce per m	s than conth	eleniur tin () 4 tsp) 9 tsp AVI 1–3 per	ERAG 1 per week W W W W W W W F	100 0 0 (str	More the Write n here Description of the control o	biotics in chan 10? number 11 2 3 1	Tu C C C C C C C C C C C C C C C C C C C	1 6 7 6 7 4-5	knocc/ cc/ tsj 6+ per da 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
2. Are there supplem that you a regular and to you and to you the supplement of the	re other nents I take on Ir basis? I take on Ir basis. I take on I	Meta B-Co Flax Beta Boons of Frages of Stype of Ost ofter Frakfast (Frages of Stype of Ost ofter Frakfast (Frages of Ost offer Frakfast (Fra	seed oil carote of f sugar of or food of cold breat? cereal. the circle amoun Skim m 1 or 2 9 Whole Almond Soy mil Other p sour (exc bet, or low of the circle of the cir	do you each da eakfast de indicate specificate specif	ed milk free) (1 Toream (1 cream (1 cre	blackes Butter D Lakes Butter	31 m Aplic Ac Hish Ol Lyeoper Glucosar p. 2 tsp nd & type isin Bran) year. No	ever, or les ponce per m	s than conth	AVI 1-3 per month	ERAG 1 per week W W W W W W W W F	100 o control o	More the Write n here Description of the control o	biotics in blant 10? number 1 2 3 1	Tu C C C C C C C C C C C C C C C C C C C	4–5 per day	kno c/ niin tsp 7 8 (7
2. Are there supplement that you a regular add to you and to you and the your cereal down average your first to brow t	re other nents a take on ar basis? any teasp your beverand and a lo you mo eat cold but a food lister you have Cream, e.g. Non-dairy of Frozen yog: Regular ice preads add to food or read; excluse in cooking Yogurt (4–6 oz.) Include drinkable Wottage or rice eam chees	Meta B-Co Flax Beta coons of rages of type of ost ofter reakfast of ed, fill in used the glass) ., coffee, coffee where urt, shert cream (1 ded Pure Marg ng Butter Plain Artificiall Sweeter Jhat type cotta che se (1 oz.)	seed oil carotener f sugar or food e cold bre n eat? cereal. the circle e amoun Skim m 1 or 2 9 Whole Almono Soy mil Other p sour (exc oitener (exc bet, or lov 1 cup) butter or garine er with add ly sweete ned (e.g., e of yogur eese (1/2)	do you each day eakfast de indica t specificant specificant de milk de	ed milk free) (1 To tream (1 g., Land Co ry, vanilla most ofte	blackes Butter D Lakes Butter	Applic Action of Application of Appl	ever, or les once per m	s than conth	AVI 1-3 per month	ERAG 1 per week W W W W W W W F	100 o control o	More the Write n here Description of the control o	biotics in chan 10? number 11 2 3 1	Tu C C C C C C C C C C C C C C C C C C C	4–5 per day	kno c/ niin tsp 7 8 (7

 (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.

OL OF TUBERO HERE									,		
		Never, or le	ess than	1-3 per	1 per	2-4 per	5–6 per	1	2–3	4–5	6+
FRUITS		once per r	month	month	week	week	week	per day	per day	per day	per day
Raisins (1 oz. or small pack)	0 1 (17		0		W			D			
Prunes or dried plums (1/2 c	up canned or 1/4 cu	ıp dried)		\circ	W	\circ		D			
Bananas (1) or plantain (1/2)					W			D	0		
Cantaloupe (1/4 melon)					(W)			D			
Avocado (1/2 fruit or 1/2 cup	o)				(W)			(D)			
Fresh apples or pears (1)	,		Ŏ	$\tilde{}$	(W)	Ŏ	Ŏ	(D)	$\tilde{}$	Ŏ	Ŏ
Apple juice or cider (small gla	aee)				(W)			(D)			$\overline{}$
Tangerines, clementines, ma	· · · · · · · · · · · · · · · · · · ·				(W)			(D)			
	ridariir dranges (1)				\sim			\sim			
Oranges (1)			0		w		0	(D)	0	\bigcirc	\bigcirc
Orange juice (small glass)	Calcium or Vit. D fortifi		0	\bigcirc	W	\bigcirc	0	D	0	\bigcirc	\bigcirc
Crange jares (errian grace)	Regular (not calcium for	ortified)			W			(D)			
Grapefruit (1/2) or grapefruit	juice (small glass)				W			D			
Other fruit juices (e.g., cranbe	erry, grape) (small gl	ass)			W			D			
Strawberries, fresh, frozen or	r canned (1/2 cup)				(W)			D			
Blueberries, fresh, frozen or o	canned (1/2 cup)				(W)			(D)			
Peaches or plums (1 fresh or	(, ,		$\overline{}$	Ŏ	(W)	$\tilde{}$	$\overline{\bigcirc}$	(D)	Ŏ	Ŏ	$\tilde{}$
Apricots (1 fresh, 1/2 cup car					(W)			(D)			
riphooto (1 lieon, 1/2 cup cal	inica or 5 anea)				W						
		Never, or le		1–3 per			5–6 per	1.	2–3	4–5	6+
VEGETABL	.ES	once per r	month	month	week	week	week	per day	per day	per day	per day
Tomatoes (2 slices)			0	0	W			D			
Tomato juice or V-8 juice (sm	nall glass)		10	10	W			D	0		0
Tomato sauce (1/2 cup) e.g.,	spaghetti sauce	1			M			D			
Salsa, picante or taco sauce	(1/4 cup)	1 1	()	$\sqrt{}$	W	Ô		(D)	$\overline{\bigcirc}$		$\overline{\bigcirc}$
String beans (1/2 cup)		H	$\backslash \widetilde{\bigcirc}$	16	w			(D)			
Hummus (1/4 cup), garbanzo	or chickness (1/2 c	1011	1	17	W	\sim		(D)	\sim	\sim	\sim
		,up)\	H-	H	W L			\sim			
Beans or lentils, baked, dried		-+-	<u> </u>	12			\bigcirc	(D)			
Soy burger, tofu, misolor other		\rightarrow			W	0	0	D	0	0	\bigcirc
Other plant-based burger, e.g., I					(W)			(D)			
Peas or Ilma beans (1/2 cup	fresh, frz., canned) e	or soup			W			D			
Broccoli (1/2 cup)					W		0	D			
Cauliflower (1/2 cup)					(W)		\bigcirc	(D)			
Cabbage or colestaw (1/2 cu	(qı				(W)			(D)			
Brussels sprouts (1/2 cup)	1-7			\sim	(W)	$\overline{}$		(D)	$\overline{}$	$\tilde{}$	$\tilde{}$
Carrots, raw (1/2 carrot or 2–	-1 eticke)				(W)			(D)			
		`									
Carrots, cooked (1/2 cup) or)			w			D			
Corn (1 ear or 1/2 cup frozen			0	\cup	(W)	\cup	0	(D)	\bigcirc	\bigcirc	\bigcirc
Mixed or stir fry vegetables (., .		0		W		0	D			
Yams or sweet potatoes, include	e sweet potato fries, (1	1/2 cup)			W			D			
Dark orange (winter) squash	(1/2 cup)				W			D	0	0	
Eggplant, zucchini or other s	summer squash (1/2	cup)			W			(D)			
Kale, arugula or mustard gree	· · ·			$\overline{\bigcirc}$	w	$\overline{\bigcirc}$		D	Õ	Ŏ	$\tilde{\Box}$
Spinach, cooked (1/2 cup)	((W)			(D)			Ŏ
Spinach, raw as in salad (1 c	un)				\sim			\sim			
, ,	• /				w			D			
Iceberg or head lettuce (1 se			\bigcirc	Ŏ	w	\bigcirc		D	\bigcirc	\bigcirc	\bigcirc
Romaine or leaf lettuce (1 se	<u> </u>		O	Ó	w	Ú	Ó	D	Ó	Ó	Ó
Peppers: green, yellow or rec		all)			W			D			
Onions as a garnish or in sala	ad (1 slice)		0	0	W	0		D	0	0	0
Onions as a cooked vegetab	1 (4 /0)	or soup			W			D			
	ne or rings (1/2 cup)										
	ole or rings (1/2 cup)			_							6+
FGGS MEAT		Never, or le		1–3 per	1 per		5–6 per	1 ner dav	2–3 ner dav	4–5 ner dav	ner dav
EGGS, MEAT,	, ETC.			1–3 per month	week	2–4 per week	5–6 per week	per day		4–5 per day	per day
Omega-3 fortifi	, ETC. led including yolk	Never, or le			week			per day			per day
Eggs (1) Omega-3 fortifi Regular eggs in	, ETC. led including yolk	Never, or le			week			per day D			per day
Omega-3 fortifi	, ETC. led including yolk	Never, or le			week			D D			per day
Eggs (1) Omega-3 fortifi Regular eggs in Beef hot dogs (1) Chicken or turkey hot dogs, s	ed including yolk ncluding yolk sausage (1) or bacon	Never, or le once per i			week			per day D			O O
Eggs (1) Omega-3 fortifi Regular eggs in Beef hot dogs (1)	ed including yolk ncluding yolk sausage (1) or bacon	Never, or le once per i			week w			D D			O O
Eggs (1) Omega-3 fortifi Regular eggs in Beef hot dogs (1) Chicken or turkey hot dogs, s Chicken/turkey sandwich or	ed including yolk including yolk sausage (1) or bacon frozen dinner	Never, or le once per i			week w w w w w			D D D D			O O O O O O O O O O O O O O O O O O O
Eggs (1) Omega-3 fortifi Regular eggs in Beef hot dogs (1) Chicken or turkey hot dogs, s	ed including yolk including yolk sausage (1) or bacon frozen dinner skin (3 oz.)-including	Never, or le once per i			week w w w w			D D D			O O O O O O O O O O O O O O O O O O O

PAGE 3 HARVARD CHAN SCHOOL OF PUBLIC HEALTH **Dietary Assessment** Never, or less than 1-3 per 1 per 2-4 per 5-6 per 2-3 4-5 6+ 5. (continued) For **MEAT, FISH** month week week week per day per day per day each food listed, Salami, bologna, or other processed meat sandwiches D fill in the circle Sausage or kielbasa (pork or beef) etc. (2 oz. or 2 links) (D indicating how Lean or extra lean (W) D often on average Hamburger (1 patty) Regular (W) (D) you have used the Beef, pork, or lamb as a sandwich or mixed dish, amount specified e.g., stew, casserole, lasagna, frozen dinners, etc. during the past (W) (D) year. (W) (D) Pork as a main dish, e.g., ham or chops (4-6 oz.) Beef or lamb as a main dish, e.g., steak, roast (4-6 oz.) (W) (D) Canned tuna fish (3-4 oz.) W D Breaded fish, pieces or sticks (1 serving, store bought) D Shellfish, e.g., shrimp, crab, scallops, clams as main dish (W) (D) Dark meat fish, e.g., tuna steak, mackerel, salmon, sardines, bluefish, swordfish (3-5 oz.) D Other fish, e.g., cod, haddock, halibut (3-5 oz.) (D) Never, or less than 1-3 per 1 per 2-4 per 5-6 per 2-3 4-5 **BREADS, CEREALS, STARCHES** once per month month week week week er day per day oer day per day Cold breakfast cereal (1 serving) (W) (D) Cooked oatmeal/cooked oat bran (including instant) (1 cup) (W) D Other cooked breakfast cereal, including grits (1 cup) (D) White, wheat, oatmeal (not whole grain) D Bread or Pita Rye/Pumpernickel D (1 slice) Whole wheat, whole grain oat, whole multigrain (D) Whole grain/whole wheat (D) Crackers Other crackers (D) Bagels, English muffins, or rolls (1) D Muffins or biscuits (1) (D) Pancakes or waffles (2 small pieces) W D Brown rice (1 cup) (W) (D) (W) D White rice (1 cup) Whole grain pasta, e.g., spaghetti, macaron (Loup) (W) (D) Other pasta (not whole grain), e.g. spaghetti, noodles, macaroni, etc. (1 cup) W D Other whole grains, e.g., quinoa, barley, spelt, etc. (1 cup) W D Tortillas: corn or flour, e.g., burritos, quesadillas etc. (2) W D French Fries, exclude sweet potato fries (6 oz. or 1 serving) W (D) Potatoes, baked, boiled (1) or mashed (1 cup) W D Potato chips or corn/tortilla chips (small bag or 1 oz.) (W) (D) Pizza (2 slices) (W) (D) Never, or less than 1 2-3 1–3 per 1 per 2-4 per 5-6 per 4-5 6+ BEVERAGES oer dav per day per day month week per day once per month week week Low-Calorie Low-calorie beverage with caffeine, e.g., Diet Coke (W) D CARBONATED (sugar-free) BEVERAGES Other low-cal bev. without caffeine, e.g., Diet 7-Up W (D) types Consider the Carbonated beverage with caffeine & sugar, serving size as Regular e.g., Coke, Pepsi, Mt. Dew, Dr. Pepper (W) D 1 glass, bottle types (not or can for these Other carbonated beverage with sugar, sugar-free) carbonated e.g., 7-Up, Root Beer, Ginger Ale, Caffeine-Free Coke (W) (D) beverages. Other sugared beverages, e.g., Punch, lemonade, sports drinks, OTHER or sugared ice tea (1 glass, bottle, can) (W) (D) **BEVERAGES** Beer, regular, light or hard cider (1 glass, bottle, can) (W) (D) Red wine (5 oz. glass) (W) D White wine (5 oz. glass) (W) (D) Liquor, e.g., vodka, gin, hard seltzer, etc. (e.g., White Claw, Truly Seltzer, Mikes Hard Lemonade) (1 drink or shot) (W) (D) Plain water, include bottled, sparkling, or tap (8 oz. cup) W D Decaffeinated tea, exclude herbal (8 oz. cup) D Tea with caffeine, including green tea (8 oz. cup) (W) D Decaffeinated coffee (8 oz. cup) W (D) Coffee with caffeine (8 oz. cup) W (D) Dairy coffee drink (hot/cold), e.g., Cappuccino (12 oz.) (D)

O Vegan

O Low fat

Weight Watchers

□ DASH

(continued) For each food listed, fill in the circle indicating how often on average you have used the amount specified during the past year.												2	1 1 2 2	2		
CWEETC DAY	VED COODS MISCELL ANEQUE	ever, or less than	1–3 per		2-4 per			2–3	4–5	6+				4 4	\sim	
		once per month	month	week	week	week		per day	per day	per day				8 (8		
	(bar or pack), e.g., Hershey's, M&M			W			(D)					P	P	PP		
	e, e.g., Hershey's Dark or Dove Da	irk O		(W)			D					(a)				ı
	g., Snickers, Milky Way, Reese's						(D)					(b)		(1) (1	\sim	
	chocolate (1 oz.)			w			D					(c)		2 (2	\sim	
Cookies (1) or	Ready made or from mix or dou	gn		w			D	0		\bigcirc				4 4		
Brownies (1)	Home-baked, from scratch			w			D							8 8		
Doughnuts (1)				w			D			\bigcirc			P	PP) (P)	
	ade or ready made (slice)			W		0	D			\bigcirc	\bigcirc					
-	e or ready made (slice)		0	W	\bigcirc	0	D	0	0	\bigcirc	\bigcirc					
	reserves, syrup, or honey (1 Tbs)			W		0	D			\bigcirc	\bigcirc					
	or other nut butter (1 Tbs)		\bigcirc	W	\bigcirc	0	D	0	\bigcirc	\bigcirc	\bigcirc					
	lar, fat free or light (2–3 cups)			w		\bigcirc	D	\bigcirc	\bigcirc	\bigcirc	\bigcirc					
	fee cake or other pastry (1)		\bigcirc	w	\bigcirc	\bigcirc	D	\bigcirc	\bigcirc	\bigcirc	\bigcirc					
	g., Kind, Kashi, granola (1)	0	0	w	0	0	D	0	0	\bigcirc	\bigcirc					
	high protein bars, e.g., Clif, Ques	t, RXbar	0	w	0	0	D	0	0	0	\bigcirc					
	rinks, e.g. Slimfast (1)	0	0	w	0	0	D	0	0	0	0					
	or other meal replacement drinks	(1)	0	W	0	0	D	10	0	0	0					
	all bag or serving)	0	0	W	0	0	0	D	0	0						
	packet or 1 oz.)		0	W	0	01	D		0							
Walnuts (1 oz.)		0	0	w/	9		(D)	9	0	0						
Other nuts (sm	all packet or 1 oz.)	\sim	10	W	Q'	\bigcirc	D	0	0							
Dried cranberr	ies (1/4 cup)		D	W)	\bigcirc	\setminus	10	P	0	0						
Mixed dried from		Pa	1	w	\setminus	10	10	1	0							
Oat bran, other	bran (wheat, etc.), added to food (1	Tbs))		(w)	10	D		0								
Chowder or cr	eam soup (1 cup)		$\langle \bigcirc \rangle$	W	D		D									
Tomato soup (1 cup)	$I \cap I \cap I$		$Q_{\overline{W}}$			D	0	0	0						
Ketchup or rec	I chili sauce (1 Tbs)		10	W	0		D	0	0							
Flaxseed (1 Tb	s)	1 16	0	W	0	0	D	0	0	0						
Seeds, e.g., pu	umpkin, sunflower, etc (1/4 dup)			W	0		D	0	0							
Garlic, fresh or	powdered (1 clove or 4 shakes)		0	W	0		D	0	0	0						
Olives, any typ	e (3)			W			D									
Olive oil added	I to food or bread (1 Tbs)	Ö	0	W	0	Ô	D	0	0	0						
Low-fat or oliv	e oil mayonnaise (1 Tbs)	Ŏ		(W)			(D)									
Regular mayor	nnaise (1 Tbs)	Ŏ	Ŏ	w	Ŏ	$\tilde{\bigcirc}$	D	$\overline{\bigcirc}$		$\tilde{\bigcirc}$						
Salad dre			Ô	(W)	$\overline{\bigcirc}$	$\overline{\bigcirc}$	(D)	$\overline{\bigcirc}$		$\tilde{\bigcirc}$						
(1–2 TI	os) Type(s): Nonfat	O Low-fat		live oi	(Reg	ular (e.	g., Italia	an, Rar	nch)						
Artificial swee				(W)			(D)									
(1 pack	Type(s): Splenda	() Equal (Nutr	aSwee	t (Swe	et'N Lo	w (Truvi	ia (Ste	via				
6. Liver h	eef, calf or pork (4 oz.)	<u> </u>	than 1/) 1/m) 2–3/			ek or m	_		6			
	coi, can or pork (1 ozi)		than 1/	`) 1/m) 2–3/			ek or m		В	기			
	ften do you eat pan-fried or											7				
	•	nes per week			times p				Daily			Ť				0 0
	ind of fat is most often used for	•						$\overline{}$		no en	cavl	8				1 1
Real b					y at mo			-	ann -ty .ard	he shi					(1)	2 2
	ind of fat is most often used						annig		ara	<u> </u>	77 (9	AVO	ΩV	2	3 3
	outter Margarine Olive				Veg.		nina	\bigcirc I	ard	\bigcirc N	Ι/Δ		BLE	\simeq		4 4
	ype of cooking oil is most of				ycg.	3110110	inig		.ara	01	//A	10	CAN	\simeq		5 5
				_								10		\simeq		
	e elect A con-	and and type		cl-		. m! - ::	wire er e		fus	h a : :	2	4	COR	\simeq		6 6
	ften do you eat deep fried ch									nome	?	(11)	CORS	\simeq		7 7
		mes per week		_	times p			$\overline{}$	Daily			40	GR\$\	\simeq I		8 8
	ften do you eat <u>toasted</u> brea									mas /-!:		12		VEG		9 9
					oer wee	ек () Daily	/ (2+ tı	mes/da	ıy					
	u following any of these diets					\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	. 0		<u> </u>	A a serie		13				
_	arb (Atkins, Paleo, etc.) Vegeta	_	ow soo) Diab				/lediterr	anea	n [
○ KETO	Gluter	n tree () L	ow cal	orie	() Inter	mittent	tasting		ther						

None