*Differences between the 2007 blue and the 2022 blue*

**In the multivitamin section:**

There are two additional categories added:

1. Gummy vitamin: NO YES
2. Type section: Women Men Both

Multivitamins are no longer being coded. Only multivitamin bubbles can be selected.

Other write-in is NOT coded.

* For specific brands, the option for Centrum Silver is now Centrum silver or Senior Vit.
* Theragran M is deleted.
* For specific brands, the option for Centrum is now Centrum or generic equiv.
* For specific brands, One-A-Day Essential is now One-A-Day or equiv.
* The following brands have been added: One-A-Day Teens or equiv, Flintstones or Kids Multi equiv., Prenatal, Eye Health, Whole Foods/Vegetarian/Fruit Bites, Other Multivitamins (with minerals), Other Multivitamins (without minerals).

**In the vitamin section:**

* The unit for vitamin A is now mcg rather than IU. Less than 10,000 IU, 10,000 to 15,000 IU, 16,000 to 22,000 IU, 23,000 IU or more has been changed to Less than 3,000 mcg, 3,000 to 4,500 mcg, 4,800 to 6,600 mcg, 6,900 mcg or more.
* The unit for vitamin E is now mg rather than IU. Less than 100 IU, 200 to 250 IU, 300 to 500 IU, 600 IU or more has been changed to Less than 100 mg, 100 to 300 mg, 301 to 400 mg, 401 mg or more
* Selenium of the Individual supplement vitamin section deleted. Added to the Other supplement section as a single bubble (NO doses).
* Vitamin D now has the following options for dosage: <1000 IU’s (<25 mcg), 1000-1999 IU’s (25-49 mcg), 2,000-4999 IU’s (50-124 mcg), 5,000+ IU’s (125+ mcg). It was less than 300 IU, 300-500 IU, 600-900 IU, 1000 IU or more.
* Zinc now has the following options for dosage: 31 mg, 31-74 mg, 75 to 100mg, and 101 mg or more. It was less than 25 mg, 25 to 74 mg, 75 to 100 mg and 101 mg or more.
* Zinc previously had the following options for dosage: less than 25 mg, 25 to 74 mg, 75 to 100 mg, 101 mg or more, don’t know.

**In the other supplement section: The following have been deleted:**

* Flax seed
* Chromium
* Lecithin
* Choline
* DHEA

**The following have been added to the Other supplement vitamin section.**

* Glucosaminie/Chondroitin
* Selenium
* Probiotics
* Biotin
* Turmeric/Curcumin

**In the sugar section:**

* There are now coding bubbles from 0-10 tsps. of sugar to fill in. Anything above 10 tsps. can be written in the provided Sugar text box to the right. Previously, all reported tsps were coded.

**In the cereal section:**

* Grid 22 cereal coding bubbles include the following:
  + CF: Corn Flakes
  + CH: Cheerio
  + FM: Frosted mini wheats
  + GR: Granola
  + HB: Honey bunches of oats
  + K: Special K
  + RB: Raisin Bran
  + SW: Shredded Wheat
* Grid 07 cereal coding bubbles:
  + Ch: Cheerio
  + Rb: Raisin Bran
  + Cf: Corn Flakes
  + Sw: Shredded Wheat
  + Gn: Grape nuts
  + T: Total
  + K: Special K
  + W: Wheaties

**The margarine section Type and Form are deleted from the FFQ. Only margarine frequency is reported in the Dairy Foods, Spreads added to food or bread question.**

**In the dairy foods section:**

* Almond milk is added.
* Cream, e.g., coffee, whipped or sour cream (1 Tbs) is now Cream, e.g., coffee, sour (exclude fat free) (1 Tbs).
* Non-dairy coffee whitener (1 Tbs) is now Non-dairy coffee whitener (exclude fat free) (1 Tbs).
* Butter is changed to Pure butter or ghee.
* Butter with added oil (e.g., Land O Lakes Butter with Canola Oil) is added.
* Yogurt (1 cup) is changed to Yogurt (4-6 oz.) Include drinkable. Yogurt is now split up into 3 categories: Plain, Artificially sweetened (e.g., light peach), or Sweetened (e.g., strawberry, vanilla). n addition, there is now an option to code what type of yogurt you eat most often with the options being: Greek, Regular, Full Fat, and Reduced fat. Yogurt was split up into two sections in the grid 2007 ffq: Low-carb, artificially sweetened or plain and Sweetened-with fruit or other flavorings.
* Soy has been deleted as an option in the question What type of cheese do you most often eat .

**In the fruits section:**

* Prunes or dried plums serving is changed from (6 prunes or ¼ cup) to (½ cup canned or ¼ cup dried).
* Prune juice (small glass) has been deleted.
* Plantain has been added next to Banana: Bananas (1) or plantain (½).
* Tangerines, clementines, mandarin oranges (1) has been added.
* Orange juice: Calcium or Vit. D fortified has been added.
* Other fruit juices (small glass) is changed to Other fruit juices (e.g., cranberry, grape) (small glass).

**In the vegetable section:**

* Hummus (¼ cup), garbanzo or chickpeas (½ cup) is added.
* Tofu, soy burger, soybeans, miso or other soy protein is changed to Soy burger, tofu, miso or other soy protein.
* Other plant-based burger, e.g., Beyond Meat, Lightlife (1 patty) is added.
* Mixed or stir-fry vegetables (½ cup), veg. Soup (1 cup) is changed to Mixed or stir fry vegetables (½ cup) or soup.
* Yams or sweet potatoes (½) is changed to Yams or sweet potatoes, include sweet potato fries, (½ cup).
* Kale, mustard greens or chard (½ cup) is changed to Kale, arugula or mustard greens (½ cup)
* Celery (2-3 sticks) is deleted.
* Peppers: green, yellow, or red (3 slices) is changed to Peppers: green, yellow, or red (2 rings or ¼ small).

**In the eggs, meat, etc. section:**

* Beef or pork hot dogs (1) is changed to Beef hot dogs (1) .
* Chicken or turkey hot dogs or sausage (1) is changed to Chicken or turkey hot dogs, sausage (1) or bacon (2 slices) .
* Including ground is added to Other chicken or turkey, without skin (3 oz).
* Bacon (2 slices) is changed to Bacon (exclude turkey bacon) (2 slices)
* Other processed meats e.g., Sausage or kielbasa (pork or beef) etc. (2 oz. Or 2 links) is changed to Sausage or kielbasa (pork or beef) etc. (2 oz. Or 2 links)
* Shrimp, lobster, scallops as a main dish is changed to Shellfish, e.g., shrimp, crab, scallops, clams as main dish

**In the breads, cereals, starches section:**

* Cooked oatmeal/cooked oat bran (1 cup) is changed to Cooked oatmeal/cooked oat bran (including instant) (1 cup).
* Other cooked breakfast cereal (1 cup) is changed to Other cooked breakfast cereal, including grits (1 cup) .
* Bread or Pita (1 slice) is divided into 3 categories: White, wheat, oatmeal (not whole grain) , Rye/pumpernickel , and whole wheat, whole grain oat, whole multigrain . It used to be Bread (1 slice) divided into the following 3 categories: White bread, including pita , Rye/Pumpernickel , Whole wheat, oatmeal, other whole grain.
* Crackers (6) is now divided into two categories: Whole grain/whole wheat and other crackers . It used to be one category called Crackers, regular or low-fat e.g., Triscuits, Ritz (6)
* Whole grain pasta, e.g., spaghetti, macaroni (1 cup) is added.
* Other whole grains, e.g., Quiona, barley, spelt, etc. (1 cup) is added.
* Pasta, e.g., spaghetti, noodles, couscous, etc. (1 cup) is changed to Other pasta (not whole grain), e.g., spaghetti, noodles, macaroni, etc. (1 cup).
* Tortillas (2) is changed to Tortillas: corn or flour, e.g., burritos, quesadillas etc. (2) .
* French Fries (6 oz. Or 1 serving) is changed to French Fries, exclude sweet potato fries (6 oz. Or 1 serving .

**In the beverages section:**

* Beer, regular (1 glass, bottle, can) is changed to Beer, regular, light or hard cider (1 glass, bottle, can) .
* Light Beer e.g., Bud Light (1 glass, bottle, can) is deleted as a separate item.
* Liquor e.g., vodka, gin, etc. (1 drink or shot) is changed to Liquor, e.g., vodka, gin, hard seltzer, etc. (e.g., White Claw, Truly Seltzer, Mikes Hard Lemonade) (1 drink or shot) .
* Water: bottled, sparking, or tap (8 oz. cup) is changed to Plain water, include bottled, sparking, or tap (8 oz. cup).
* Herbal tea or decaffeinated tea (8 oz. cup) is changed to Decaffeinated tea, exclude herbal (8 oz. cup).

**In the sweets, baked goods, miscellaneous section:**

* Cookies and brownies were merged as Cookies (1) or Brownies (1) and split up into two categories: Ready made or from mix or dough and Home-baked, from scratch . Before it was Cookies (1) divided into two categories: Fat free or reduced fat and Other . Brownies was its own question.
* Cake, which was divided into two categories: Fat free or reduced fat and Other is changed to Cake, homemade or ready made (slice).
* Peanut butter (1 Tbs) is changed to Peanut butter or other nut butter (1 Tbs).
* Popcorn (3 cups), which was divided into two categories: Fat free or light and Regular is changed to Popcorn, regular, fat free or light (2-3 cups).
* Sweet roll, coffee cake or other pastry (serving), which was divided into two categories Fat free or reduced fat and Other is changed to Sweet roll, coffee cake or other pastry (1) .
* Breakfast bars, e.g., Nutrigrain, granola, Kashi (1) is changed to Snack bars, e.g., Kind, Kashi, granola (1).
* Energy bars. Eg., Clif, Luna, Glucerna, Powerbar (1) is changed to Energy bars or high protein bars, e.g., Clif, Quest, RXbar.
* Diet nutrition drinks, e.g. Slimfast (1) is added.
* Low Carb bars, e.g., Atkins, Zone, South Beach (1) is deleted.
* Ensure, Boost or other meal replacement drinks (1) is added.
* Dried cranberries (¼ cup) is added.
* Mixed dried fruit (¼ cup) is added.
* Other bran (wheat, etc.), added to food (1 Tbs) is changed to Oat bran, other bran (wheat, etc.), added to food (1 Tbs).
* Tomato soup (1 cup) is added.
* Splenda (1 packet) is deleted from this section and added to the Artificial Sweetener section.
* Other artificial sweetener (1 packet) is changed to its own section.
  + **Artificial sweetener section has been added:**
  + Frequency is included for this section.
  + Types of artificial sweetener include the following: Splenda, Equal, NutraSweet, Sweet’N Low, Truvia, and Stevia.
* Flaxseed (1 Tbs) is added.
* Seeds, e.g., pumpkin, sunflower, etc. (¼ cup) is added.
* Garlic, fresh or powdered (1 clove or 4 shakes) is added.
* Olives, any type (3) is added.
* Low-fat or fat-free mayonnaise (1 Tbs) is changed to Low-fat or olive oil mayonnaise (1 Tbs.)
* Other vegetable oil option for type of salad dressing is replaced by Regular (e.g., Italian, Ranch).

**Other Changes:**

* How often do you eat fried or sauteed food at home (Exclude Pam -type spray) is changed to How often do you eat pan-fried or sauteed food at home? (Exclude Pam -type spray) .
* What kind of fat is usually used for frying and sauteing at home? (Exclude Pam -type spray) is changed to What kind of fat is most often used for pan-frying and sauteing at home? (Exclude Pam -type spray) .
* What kind of fat is usually used for baking at home? is changed to What kind of fat is most often used for baking COOKIES at home? .
* Listing of additional important foods has been deleted.
* The question Are you following any of these diets? is added which includes the following options: Low carb (Atkins, Paleo, etc.), KETO, Vegan, Vegetarian, Gluten free, Low fat, Low sodium, Low calorie, Weight Watchers, Diabetic, Intermittent fasting, DASH, Mediterranean, Other, None.