

What Foods Did You Eat?

We would like to know how many times in the last week you ate each of the fruit, fruit juices and vegetables (FJV) listed below. The FJV can be fresh, frozen, canned or dried. A serving of FJV is a single helping. If you have seconds, you count that as two servings. Check the column that best describes how often you had each item. For instance, if you had orange juice twice in the last week, you would check "2-3 servings last week"

100% Fruit Juices							
1. 100% Orange juice	None <input type="checkbox"/>	1 serving last week <input type="checkbox"/>	2-3 servings last week <input type="checkbox"/>	4-6 servings last week <input type="checkbox"/>	7 servings last week <input type="checkbox"/>	8-14 servings last week <input type="checkbox"/>	15 or more servings last week <input type="checkbox"/>
2. 100% Apple juice	None <input type="checkbox"/>	1 serving last week <input type="checkbox"/>	2-3 servings last week <input type="checkbox"/>	4-6 servings last week <input type="checkbox"/>	7 servings last week <input type="checkbox"/>	8-14 servings last week <input type="checkbox"/>	15 or more servings last week <input type="checkbox"/>
3. 100%Grape juice	None <input type="checkbox"/>	1 serving last week <input type="checkbox"/>	2-3 servings last week <input type="checkbox"/>	4-6 servings last week <input type="checkbox"/>	7 servings last week <input type="checkbox"/>	8-14 servings last week <input type="checkbox"/>	15 or more servings last week <input type="checkbox"/>
4. Other 100% juice	None <input type="checkbox"/>	1 serving last week <input type="checkbox"/>	2-3 servings last week <input type="checkbox"/>	4-6 servings last week <input type="checkbox"/>	7 servings last week <input type="checkbox"/>	8-14 servings last week <input type="checkbox"/>	15 or more servings last week <input type="checkbox"/>

Fruit							
5. Bananas	None <input type="checkbox"/>	1 serving last week <input type="checkbox"/>	2-3 servings last week <input type="checkbox"/>	4-6 servings last week <input type="checkbox"/>	7 servings last week <input type="checkbox"/>	8-14 servings last week <input type="checkbox"/>	15 or more servings last week <input type="checkbox"/>
6. Apples	None <input type="checkbox"/>	1 serving last week <input type="checkbox"/>	2-3 servings last week <input type="checkbox"/>	4-6 servings last week <input type="checkbox"/>	7 servings last week <input type="checkbox"/>	8-14 servings last week <input type="checkbox"/>	15 or more servings last week <input type="checkbox"/>
7. Cantaloupe or Musk melon	None <input type="checkbox"/>	1 serving last week <input type="checkbox"/>	2-3 servings last week <input type="checkbox"/>	4-6 servings last week <input type="checkbox"/>	7 servings last week <input type="checkbox"/>	8-14 servings last week <input type="checkbox"/>	15 or more servings last week <input type="checkbox"/>
8. Grapes	None <input type="checkbox"/>	1 serving last week <input type="checkbox"/>	2-3 servings last week <input type="checkbox"/>	4-6 servings last week <input type="checkbox"/>	7 servings last week <input type="checkbox"/>	8-14 servings last week <input type="checkbox"/>	15 or more servings last week <input type="checkbox"/>

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Fruit (continued)							
9. Oranges	None <input type="checkbox"/>	1 serving last week <input type="checkbox"/>	2-3 servings last week <input type="checkbox"/>	4-6 servings last week <input type="checkbox"/>	7 servings last week <input type="checkbox"/>	8-14 servings last week <input type="checkbox"/>	15 or more servings last week <input type="checkbox"/>
10. Pears	None <input type="checkbox"/>	1 serving last week <input type="checkbox"/>	2-3 servings last week <input type="checkbox"/>	4-6 servings last week <input type="checkbox"/>	7 servings last week <input type="checkbox"/>	8-14 servings last week <input type="checkbox"/>	15 or more servings last week <input type="checkbox"/>
11. Plums	None <input type="checkbox"/>	1 serving last week <input type="checkbox"/>	2-3 servings last week <input type="checkbox"/>	4-6 servings last week <input type="checkbox"/>	7 servings last week <input type="checkbox"/>	8-14 servings last week <input type="checkbox"/>	15 or more servings last week <input type="checkbox"/>
12. Kiwi	None <input type="checkbox"/>	1 serving last week <input type="checkbox"/>	2-3 servings last week <input type="checkbox"/>	4-6 servings last week <input type="checkbox"/>	7 servings last week <input type="checkbox"/>	8-14 servings last week <input type="checkbox"/>	15 or more servings last week <input type="checkbox"/>
13. Strawberries	None <input type="checkbox"/>	1 serving last week <input type="checkbox"/>	2-3 servings last week <input type="checkbox"/>	4-6 servings last week <input type="checkbox"/>	7 servings last week <input type="checkbox"/>	8-14 servings last week <input type="checkbox"/>	15 or more servings last week <input type="checkbox"/>
14. Pineapple	None <input type="checkbox"/>	1 serving last week <input type="checkbox"/>	2-3 servings last week <input type="checkbox"/>	4-6 servings last week <input type="checkbox"/>	7 servings last week <input type="checkbox"/>	8-14 servings last week <input type="checkbox"/>	15 or more servings last week <input type="checkbox"/>
15. Grapefruit	None <input type="checkbox"/>	1 serving last week <input type="checkbox"/>	2-3 servings last week <input type="checkbox"/>	4-6 servings last week <input type="checkbox"/>	7 servings last week <input type="checkbox"/>	8-14 servings last week <input type="checkbox"/>	15 or more servings last week <input type="checkbox"/>
16. Fruit salad or Fruit cocktail	None <input type="checkbox"/>	1 serving last week <input type="checkbox"/>	2-3 servings last week <input type="checkbox"/>	4-6 servings last week <input type="checkbox"/>	7 servings last week <input type="checkbox"/>	8-14 servings last week <input type="checkbox"/>	15 or more servings last week <input type="checkbox"/>
17. Apple-sauce	None <input type="checkbox"/>	1 serving last week <input type="checkbox"/>	2-3 servings last week <input type="checkbox"/>	4-6 servings last week <input type="checkbox"/>	7 servings last week <input type="checkbox"/>	8-14 servings last week <input type="checkbox"/>	15 or more servings last week <input type="checkbox"/>
18. Watermelon	None <input type="checkbox"/>	1 serving last week <input type="checkbox"/>	2-3 servings last week <input type="checkbox"/>	4-6 servings last week <input type="checkbox"/>	7 servings last week <input type="checkbox"/>	8-14 servings last week <input type="checkbox"/>	15 or more servings last week <input type="checkbox"/>
19. Raisins	None <input type="checkbox"/>	1 serving last week <input type="checkbox"/>	2-3 servings last week <input type="checkbox"/>	4-6 servings last week <input type="checkbox"/>	7 servings last week <input type="checkbox"/>	8-14 servings last week <input type="checkbox"/>	15 or more servings last week <input type="checkbox"/>

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Fruit (continued)							
20. Dried fruit	None <input type="checkbox"/>	1 serving last week <input type="checkbox"/>	2-3 servings last week <input type="checkbox"/>	4-6 servings last week <input type="checkbox"/>	7 servings last week <input type="checkbox"/>	8-14 servings last week <input type="checkbox"/>	15 or more servings last week <input type="checkbox"/>
21. Peaches	None <input type="checkbox"/>	1 serving last week <input type="checkbox"/>	2-3 servings last week <input type="checkbox"/>	4-6 servings last week <input type="checkbox"/>	7 servings last week <input type="checkbox"/>	8-14 servings last week <input type="checkbox"/>	15 or more servings last week <input type="checkbox"/>

Vegetables							
1. Carrots	None <input type="checkbox"/>	1 serving last week <input type="checkbox"/>	2-3 servings last week <input type="checkbox"/>	4-6 servings last week <input type="checkbox"/>	7 servings last week <input type="checkbox"/>	8-14 servings last week <input type="checkbox"/>	15 or more servings last week <input type="checkbox"/>
3. Celery	None <input type="checkbox"/>	1 serving last week <input type="checkbox"/>	2-3 servings last week <input type="checkbox"/>	4-6 servings last week <input type="checkbox"/>	7 servings last week <input type="checkbox"/>	8-14 servings last week <input type="checkbox"/>	15 or more servings last week <input type="checkbox"/>
5. Greens (Spinach, Collard, Turnip, Kale)	None <input type="checkbox"/>	1 serving last week <input type="checkbox"/>	2-3 servings last week <input type="checkbox"/>	4-6 servings last week <input type="checkbox"/>	7 servings last week <input type="checkbox"/>	8-14 servings last week <input type="checkbox"/>	15 or more servings last week <input type="checkbox"/>
7. French fried potatoes	None <input type="checkbox"/>	1 serving last week <input type="checkbox"/>	2-3 servings last week <input type="checkbox"/>	4-6 servings last week <input type="checkbox"/>	7 servings last week <input type="checkbox"/>	8-14 servings last week <input type="checkbox"/>	15 or more servings last week <input type="checkbox"/>
9. Potato salad	None <input type="checkbox"/>	1 serving last week <input type="checkbox"/>	2-3 servings last week <input type="checkbox"/>	4-6 servings last week <input type="checkbox"/>	7 servings last week <input type="checkbox"/>	8-14 servings last week <input type="checkbox"/>	15 or more servings last week <input type="checkbox"/>
11. Other white potatoes	None <input type="checkbox"/>	1 serving last week <input type="checkbox"/>	2-3 servings last week <input type="checkbox"/>	4-6 servings last week <input type="checkbox"/>	7 servings last week <input type="checkbox"/>	8-14 servings last week <input type="checkbox"/>	15 or more servings last week <input type="checkbox"/>
13. Corn	None <input type="checkbox"/>	1 serving last week <input type="checkbox"/>	2-3 servings last week <input type="checkbox"/>	4-6 servings last week <input type="checkbox"/>	7 servings last week <input type="checkbox"/>	8-14 servings last week <input type="checkbox"/>	15 or more servings last week <input type="checkbox"/>

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Vegetables (continued)							
14. Green peas	None <input type="checkbox"/>	1 serving last week <input type="checkbox"/>	2-3 servings last week <input type="checkbox"/>	4-6 servings last week <input type="checkbox"/>	7 servings last week <input type="checkbox"/>	8-14 servings last week <input type="checkbox"/>	15 or more servings last week <input type="checkbox"/>
16. Tomatoes	None <input type="checkbox"/>	1 serving last week <input type="checkbox"/>	2-3 servings last week <input type="checkbox"/>	4-6 servings last week <input type="checkbox"/>	7 servings last week <input type="checkbox"/>	8-14 servings last week <input type="checkbox"/>	15 or more servings last week <input type="checkbox"/>
18. Broccoli	None <input type="checkbox"/>	1 serving last week <input type="checkbox"/>	2-3 servings last week <input type="checkbox"/>	4-6 servings last week <input type="checkbox"/>	7 servings last week <input type="checkbox"/>	8-14 servings last week <input type="checkbox"/>	15 or more servings last week <input type="checkbox"/>
20. Lettuce	None <input type="checkbox"/>	1 serving last week <input type="checkbox"/>	2-3 servings last week <input type="checkbox"/>	4-6 servings last week <input type="checkbox"/>	7 servings last week <input type="checkbox"/>	8-14 servings last week <input type="checkbox"/>	15 or more servings last week <input type="checkbox"/>
22. Green beans	None <input type="checkbox"/>	1 serving last week <input type="checkbox"/>	2-3 servings last week <input type="checkbox"/>	4-6 servings last week <input type="checkbox"/>	7 servings last week <input type="checkbox"/>	8-14 servings last week <input type="checkbox"/>	15 or more servings last week <input type="checkbox"/>
24. Cole slaw	None <input type="checkbox"/>	1 serving last week <input type="checkbox"/>	2-3 servings last week <input type="checkbox"/>	4-6 servings last week <input type="checkbox"/>	7 servings last week <input type="checkbox"/>	8-14 servings last week <input type="checkbox"/>	15 or more servings last week <input type="checkbox"/>
26. Cooked beans (pinto, black eyed peas, pork'n beans)	None <input type="checkbox"/>	1 serving last week <input type="checkbox"/>	2-3 servings last week <input type="checkbox"/>	4-6 servings last week <input type="checkbox"/>	7 servings last week <input type="checkbox"/>	8-14 servings last week <input type="checkbox"/>	15 or more servings last week <input type="checkbox"/>
28. Sweet potatoes	None <input type="checkbox"/>	1 serving last week <input type="checkbox"/>	2-3 servings last week <input type="checkbox"/>	4-6 servings last week <input type="checkbox"/>	7 servings last week <input type="checkbox"/>	8-14 servings last week <input type="checkbox"/>	15 or more servings last week <input type="checkbox"/>
30. Cabbage	None <input type="checkbox"/>	1 serving last week <input type="checkbox"/>	2-3 servings last week <input type="checkbox"/>	4-6 servings last week <input type="checkbox"/>	7 servings last week <input type="checkbox"/>	8-14 servings last week <input type="checkbox"/>	15 or more servings last week <input type="checkbox"/>
32. Okra	None <input type="checkbox"/>	1 serving last week <input type="checkbox"/>	2-3 servings last week <input type="checkbox"/>	4-6 servings last week <input type="checkbox"/>	7 servings last week <input type="checkbox"/>	8-14 servings last week <input type="checkbox"/>	15 or more servings last week <input type="checkbox"/>

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Drinks							
1. Soft drinks, regular	None <input type="checkbox"/>	1 serving last week <input type="checkbox"/>	2-3 servings last week <input type="checkbox"/>	4-6 servings last week <input type="checkbox"/>	7 servings last week <input type="checkbox"/>	8-14 servings last week <input type="checkbox"/>	15 or more servings last week <input type="checkbox"/>
3. Soft drinks, diet	None <input type="checkbox"/>	1 serving last week <input type="checkbox"/>	2-3 servings last week <input type="checkbox"/>	4-6 servings last week <input type="checkbox"/>	7 servings last week <input type="checkbox"/>	8-14 servings last week <input type="checkbox"/>	15 or more servings last week <input type="checkbox"/>
5. Koolaid, regular	None <input type="checkbox"/>	1 serving last week <input type="checkbox"/>	2-3 servings last week <input type="checkbox"/>	4-6 servings last week <input type="checkbox"/>	7 servings last week <input type="checkbox"/>	8-14 servings last week <input type="checkbox"/>	15 or more servings last week <input type="checkbox"/>
7. Koolaid, diet	None <input type="checkbox"/>	1 serving last week <input type="checkbox"/>	2-3 servings last week <input type="checkbox"/>	4-6 servings last week <input type="checkbox"/>	7 servings last week <input type="checkbox"/>	8-14 servings last week <input type="checkbox"/>	15 or more servings last week <input type="checkbox"/>
9. Fruit drinks, regular	None <input type="checkbox"/>	1 serving last week <input type="checkbox"/>	2-3 servings last week <input type="checkbox"/>	4-6 servings last week <input type="checkbox"/>	7 servings last week <input type="checkbox"/>	8-14 servings last week <input type="checkbox"/>	15 or more servings last week <input type="checkbox"/>
11. Fruit drinks, diet	None <input type="checkbox"/>	1 serving last week <input type="checkbox"/>	2-3 servings last week <input type="checkbox"/>	4-6 servings last week <input type="checkbox"/>	7 servings last week <input type="checkbox"/>	8-14 servings last week <input type="checkbox"/>	15 or more servings last week <input type="checkbox"/>
13. Punches, regular	None <input type="checkbox"/>	1 serving last week <input type="checkbox"/>	2-3 servings last week <input type="checkbox"/>	4-6 servings last week <input type="checkbox"/>	7 servings last week <input type="checkbox"/>	8-14 servings last week <input type="checkbox"/>	15 or more servings last week <input type="checkbox"/>
15. Punches, diet	None <input type="checkbox"/>	1 serving last week <input type="checkbox"/>	2-3 servings last week <input type="checkbox"/>	4-6 servings last week <input type="checkbox"/>	7 servings last week <input type="checkbox"/>	8-14 servings last week <input type="checkbox"/>	15 or more servings last week <input type="checkbox"/>
17. Powerade/ Gatorade	None <input type="checkbox"/>	1 serving last week <input type="checkbox"/>	2-3 servings last week <input type="checkbox"/>	4-6 servings last week <input type="checkbox"/>	7 servings last week <input type="checkbox"/>	8-14 servings last week <input type="checkbox"/>	15 or more servings last week <input type="checkbox"/>
19. Snapple, regular	None <input type="checkbox"/>	1 serving last week <input type="checkbox"/>	2-3 servings last week <input type="checkbox"/>	4-6 servings last week <input type="checkbox"/>	7 servings last week <input type="checkbox"/>	8-14 servings last week <input type="checkbox"/>	15 or more servings last week <input type="checkbox"/>
21. Snapple, diet	None <input type="checkbox"/>	1 serving last week <input type="checkbox"/>	2-3 servings last week <input type="checkbox"/>	4-6 servings last week <input type="checkbox"/>	7 servings last week <input type="checkbox"/>	8-14 servings last week <input type="checkbox"/>	15 or more servings last week <input type="checkbox"/>

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Drinks (continued)							
23. Iced tea, unsweetened	None <input type="checkbox"/>	1 serving last week <input type="checkbox"/>	2-3 servings last week <input type="checkbox"/>	4-6 servings last week <input type="checkbox"/>	7 servings last week <input type="checkbox"/>	8-14 servings last week <input type="checkbox"/>	15 or more servings last week <input type="checkbox"/>
24. Iced tea, sweetened	None <input type="checkbox"/>	1 serving last week <input type="checkbox"/>	2-3 servings last week <input type="checkbox"/>	4-6 servings last week <input type="checkbox"/>	7 servings last week <input type="checkbox"/>	8-14 servings last week <input type="checkbox"/>	15 or more servings last week <input type="checkbox"/>
26. Fruitopia	None <input type="checkbox"/>	1 serving last week <input type="checkbox"/>	2-3 servings last week <input type="checkbox"/>	4-6 servings last week <input type="checkbox"/>	7 servings last week <input type="checkbox"/>	8-14 servings last week <input type="checkbox"/>	15 or more servings last week <input type="checkbox"/>
28. Sunny Delight	None <input type="checkbox"/>	1 serving last week <input type="checkbox"/>	2-3 servings last week <input type="checkbox"/>	4-6 servings last week <input type="checkbox"/>	7 servings last week <input type="checkbox"/>	8-14 servings last week <input type="checkbox"/>	15 or more servings last week <input type="checkbox"/>
30. Capri Sun	None <input type="checkbox"/>	1 serving last week <input type="checkbox"/>	2-3 servings last week <input type="checkbox"/>	4-6 servings last week <input type="checkbox"/>	7 servings last week <input type="checkbox"/>	8-14 servings last week <input type="checkbox"/>	15 or more servings last week <input type="checkbox"/>
32. Bottled Water	None <input type="checkbox"/>	1 serving last week <input type="checkbox"/>	2-3 servings last week <input type="checkbox"/>	4-6 servings last week <input type="checkbox"/>	7 servings last week <input type="checkbox"/>	8-14 servings last week <input type="checkbox"/>	15 or more servings last week <input type="checkbox"/>
34. Water from the faucet	None <input type="checkbox"/>	1 serving last week <input type="checkbox"/>	2-3 servings last week <input type="checkbox"/>	4-6 servings last week <input type="checkbox"/>	7 servings last week <input type="checkbox"/>	8-14 servings last week <input type="checkbox"/>	15 or more servings last week <input type="checkbox"/>