Nurses' Health Study II



HARVARD
T.H. CHAN
SCHOOL OF PUBLIC HEALTH

Channing Laboratory • 181 Longwood Avenue • Boston, Massachusetts 02115-5804

Telephone (617) 525-2279

- Fax (617) 525-2008
- E-Mail NHS2@channing.harvard.edu

This is your ID -

Your email:

Please print your email address in the box so that we may send you occasional updates from the Nurses' Health Study II.

Please print neatly and differentiate numbers and letters (e.g., 1 vs I or i, Ø vs O, 5 vs S)

We will <u>not</u> release your e-mail address to anyone!

INTERNET:

Go to our website at www.NHS2.org and use your ID number (see front of this page) and your birth date to log in. Follow the instructions on the screen to complete the survey online.

PAPER FORM:

Please use an ordinary No. 2 pencil to answer all questions. Fill in the appropriate response circles completely. The form is designed to be read by optical-scanning equipment, so it is important that you keep any write-in responses within the spaces provided and erase any incorrect marks completely. If you have comments, please write them on a separate piece of paper.



EXAMPLE A)

Mark "Yes" bubble <u>and</u> Year of Diagnosis bubble for each illness you have had diagnosed.

9. Since June 2013, have you had any	of	YEAR	OF DIAG	NOSIS
these clinician-diagnosed illnesses? LEAVE BLANK FOR "NO", MARK HERE FOR "YES" —	·	Before June 1 2013	June '13 to May '15	After June 1 2015
Myocardial infarction (heart attack)	Y			
Angina pectoris		-0		
Confirmed by angiography? No	Yes			
Coronary bypass, angioplasty or stent		-0		
Transient ischemic attack (TIA)	Y			

Please fill in the circles completely; do not mark this way: 🕢 🔊 🖨

EXAMPLE B)

AGE natural periods ceased:



Print numbers <u>neatly</u> within boxes. Your writing will be read by our scanner.

- Please tear off the cover letter (to preserve confidentiality) and return the questionnaire in the enclosed postage-paid envelope.
- If your name and address as printed on this questionnaire are no longer correct or are incomplete, or if you are providing your email address, please make any necessary changes on the letter and return it to us.
- Thank you for completing the 2015 Nurses' Health Study II Questionnaire.

Federal research regulations require us to include the following information: There are no direct benefits to you from participating in this study.

The risk of breach of confidentiality associated with participation in this study is very small.

Your choice to participate in this study is completely voluntary and you may decline or withdraw at any time without penalty.

You may skip any question you do not wish to answer.

You will not receive monetary compensation for participating.

If you have any questions regarding your rights as a research participant, you are encouraged to call a representative of the Human Subjects Committee at the Brigham and Women's Hospital (617-424-4100).

	EASE US			. Do you currently smoke cigarettes?
CURF	RENT W			No Yes → How many/day? 1–4 5–14 15–24 25–34 35–44 45+
	POUNDS		3.	Have you had your uterus removed?
			0.	○ No ○ Yes Date of surgery: ○ Before June 1, 2013 ○ After June 1, 2013
0	0	0	4.	Have you ever had either of your ovaries surgically removed?
1	1	1		○ No ○ Yes ⇒ a) How many ovaries do you have remaining? ○ None ○ One
2	2	2	5.	Have your natural menstrual periods ceased PERMANENTLY?
3	3	3		No: Premenopausal b) For what reason did
4	4	4		Yes: No menstrual periods a) AGE natural your periods cease?
5	5	5		Yes: Had menopause but now have periods ceased: Natural Surgery
6	6	6		periods induced by hormones — Ceased. Endometrial ablation
	7	7		Not sure (e.g., perimenopausal) Radiation or Chemo.
	8	8	6.	Are you currently using oral contraceptives for any reason?
	9	9		○ No ○ Yes ① 1 ①
				e you used prescription female hormones? (Not including oral contraceptives.)
		a)		any months did you use hormones since June 2013?
	O No			months 5-9 10-14 15-19 20-25 26-30 31-35 36+ months 4 4
	1			currently using them (within the last month)? Yes No If No, skip to Part d
		c)		e type(s) of hormones you are CURRENTLY using:
	1			d: Prempro Premphase Combipatch FemHRT
			Estrogen:	
			Ducast	Estrogen gels, creams, or sprays on skin
			Progester	rone/Progestin: Provera/Cycrin/MPA Vaginal Micronized (e.g., Prometrium)
	1		Other horr	Other progesterone (specify type)
	1		CURRENTI	
	1	الم		sed oral conjugated estrogen (e.g., Premarin) since June 2013, what dose did you usually take?
	L	uj		ng/day or less
	•			mg/day or higher Unsure Did not take oral conjugated estrogen
8 4	Are voi	LCUTTE		
8. <i>Ā</i>				ng any of these over-the-counter (OTC) preparations for hormone replacement?
(Soy	estroge	ently usin	ng any of these over-the-counter (OTC) preparations for hormone replacement? Is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC 8 8 8
9. lı	Soy In the p	estroge oast tw	ently using product vo years,	ng any of these over-the-counter (OTC) preparations for hormone replacement? Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Natural progesterone cream/wild yam Other OTC
9. lı	Soy In the p nearly	estroge past tw every (ently using products on years, day you f	ng any of these over-the-counter (OTC) preparations for hormone replacement? Its Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Reversely 1999
9. li 0. li	Soy In the p nearly o In the p	estroge past tweevery of past tweety	ently using production years, day you to years, less	ng any of these over-the-counter (OTC) preparations for hormone replacement? Is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Is Black cohosh (e.g., R
9. li 0. li	Soy In the p nearly o In the p	estroge past tweevery of the second	ently using production production you gears, day you foo years, less ear, have	ng any of these over-the-counter (OTC) preparations for hormone replacement? Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC have you had two weeks or longer when felt sad, blue or depressed for most of the day? No Yes have you had gastrointestinal bleeding that required hospitalization or a transfusion?
9. II 0. II 1. II	Soy In the p nearly of No In the p No No	estroge past two past two past years years years	ently using products to years, day you to years, les ear, have	ng any of these over-the-counter (OTC) preparations for hormone replacement? Its Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Its Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Its Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Its Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Its Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Its Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Its Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Its Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Its Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Its Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Its Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Its Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Its Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Its Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Its Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Its Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Its Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Its Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Its Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Its Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Its Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Its Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Its Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Its Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC
9. II 0. II 1. II	In the prearty of the property	estroge past two past two past years ur spo	ently using n production production years, day you for o years, less ear, have less lift tuse (or s	ng any of these over-the-counter (OTC) preparations for hormone replacement? by Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Black cohosh (e
9. II 0. II 1. II	Soy In the p nearly of In the p No In the p No Has yo (punch	past two	ently using n production production years, day you for o years, less ar, have less if it is less (or selection of the selecti	ng any of these over-the-counter (OTC) preparations for hormone replacement? by Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC by Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC by Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC by Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC by Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC by Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC by Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC by Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC by Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC by Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC by Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC by Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC by Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC by Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC by Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC by Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC by Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC by Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC by Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC by Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC by Black cohosh (e.g., Remifemin) Other OTC by Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC by Black cohosh (e.g., Remifemin) Other OT
9. II 0. II 1. II 2. F	In the pnearly of the point of	past two	ently using n products of years, less ar, have less less less less less less less le	ng any of these over-the-counter (OTC) preparations for hormone replacement? ts
9. III	In the period of	estroge past tweevery coast tweevery coast tweevery coast years ye	ently using n production production years, day you if o years, less ear, have less if it is less if	ng any of these over-the-counter (OTC) preparations for hormone replacement? Its
9. III	In the period of	estroge past tweevery coast tweevery coast tweevery coast years ye	ently using n production production years, day you if o years, less ear, have less if it is less if	ng any of these over-the-counter (OTC) preparations for hormone replacement? ts
9. II	In the period of	estroge past tweevery coast tweevery coast tweevery coast years year year year year year year year year	ently using n production production years, day you for o years, less are the less in the l	ng any of these over-the-counter (OTC) preparations for hormone replacement? Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Replacement Other Other Other Other Other Other Other Other OTC Replacement Other O
9. II	In the period of	estroge past tweevery coast tweevery coast tweevery coast years year year year year year year year year	ently using n production production years, day you if o years, less ear, have less if it is less if	ng any of these over-the-counter (OTC) preparations for hormone replacement? Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Replacement Other Other Other Other Other Other Other Other OTC Replacement Other O
9. II	In the period of	past two every coast two years two years y	ently using n products to years, day you to years, less ar, have less if years (or sellailed arress of ate an aveyou were asleep a	ng any of these over-the-counter (OTC) preparations for hormone replacement? ts
9. III	In the period of	past two every coast two years	ently using n products to years, loo years,	ng any of these over-the-counter (OTC) preparations for hormone replacement? Total Paragraphic Paragraphic
9. II	In the prearity of the prearit	past two every of past two years two years	ently using n products of years, day you to years, less ar, have less if years (or sellailed areas of you were asleep at a larm clo	ng any of these over-the-counter (OTC) preparations for hormone replacement? Is a Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Is a Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Is a Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Is a Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Is a Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Is a Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Is a Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Is a Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Is a Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Is a Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Is a Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Is a Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Is a Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Is a Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Is a Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Is a Black cohosh (e.g., pastroenterOTC Is a Black cohosh (e.g., p
9. li 10. li 11.	In the prearity of the prearit	past two every const two years two years y	ently using n production production of the produ	Ing any of these over-the-counter (OTC) preparations for hormone replacement? It is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC It is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC It is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC It is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC It is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC It is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC It is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC It is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC It is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC It is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC It is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC It is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC It is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC It is Black cohosh (e.g., Remifemin) Natural progester one cream/wild yam Other OTC It is Black cohosh (e.g., Remifemin) Natural progester one cream/wild yam Other OTC It is Black cohosh (e.g., Remifemin) Other Ot
9. II 0. II 1. II 2. F () 4. V	In the period of the pearly of	estroge past tweevery of past tweevery of past tweevery of past years	ently using n production production of the second production p	Ing any of these over-the-counter (OTC) preparations for hormone replacement? It
9. II 0. II 1. II 2. F 4. V	In the period of	estroge past tweevery of the construction of t	ently using n products to years, day you for years, less ar, have less if it is less at an average asleep at less alarm closion of the second is less bles:	Ing any of these over-the-counter (OTC) preparations for hormone replacement? Its
9. II 0. II 11. II 2. H 33. F 4. V	In the prearity of the prearit	past two every of past two past two past two past years point of the past years year	ently using n products to years, day you to years, less ar, have less if it was (or sellailed an aveyou were asleep at a alarm closion of the selless:	ng any of these over-the-counter (OTC) preparations for hormone replacement? Its
9. II 0. II 11. II 2. F 4. V 5. F	In the prearity of the prearit	past two every of past two past two past two past years pour spood or 1 and past past past past past past past past	ently using n products to years, look o years, look ear, have les look ear, have look e	ng any of these over-the-counter (OTC) preparations for hormone replacement? Its
9. II 0. II 1. II 2. F 4. V 5. F 6. F	In the prearity of the prearit	estroge past tweevery of past tweevery of past tweevery of past years and past years are greatly fall lily walk ays use roportroduct. Vegeta ften do greatly feel do greatly feel do greatly from the fiten do greatly from the fi	ently using production production of the standard control of the standard cont	ng any of these over-the-counter (OTC) preparations for hormone replacement? Its
9. II 1. II 2. F 4. V 5. F 6. F	In the period of	estroge past tweevery of past tweevery of past tweevery of past years poor of the past years when years when years were poor of the past years when years were past years were past years when years were past years when years were past years were past years were past years when years were past years were past years were years when years were years were years were years which years were years when years were years were years were years were years were years which years were years w	ently using production production of the second control of the sec	ng any of these over-the-counter (OTC) preparations for hormone replacement? It is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC It is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC It is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC It is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC It is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC It is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC It is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC It is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC It is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC It is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC It is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC It is Black cohosh (e.g., Parmin Not when you had a selection or a transfusion? Neither Step partner or a specialist (e.g., gastroenterologist) Neither Step partner or while sleeping rems in the air, shouted or screamed), on three or more occasions? It have seen a specialist (e.g., gastroenterologist) Neither Step partner or more occasions? It have seen a specialist (e.g., gastroenterologist) Neither Step partner or more occasions? It have seen a specialist (e.g., gastroenterologist) Neither Step partner or more occasions? It have seen a specialist (e.g., gastroenterologist) Neither Step partner or more occasions? It have seen a specialist (e.g., gastroenterologist) Neither Step partner or a transfusion? It have seen a specialist (e.g., gastroenterologist) Neither Step partner or a transfusion? It have seen a specialist (e.g., gastroenterologist) Neither Step partner or a transfusion? It have seen a specialist (e.g., gastroenterologist) Neither Step partner or a transfusion? It have seen a specialist (e.g., gastroenter
9. II 1. II 2. F 4. V 5. F 6. F	In the period of the pearly of	estroge past tweevery of past tweevery of past tweevery of past years and past years are partially walking as years are portroduct. We get a ditten do the remonth of the past	ently using n production production of the second control of the s	ng any of these over-the-counter (OTC) preparations for hormone replacement? Its
9. II 1. II 2. H	In the period of	estroge past tweevery of the control	ently using n production production of the second control of the s	ng any of these over-the-counter (OTC) preparations for hormone replacement? Its
9. II 1. II 2. H	In the period of	estroge past tweevery of the past tweevery of the past years as the past years are sufficiently fall by walk ays used the past years are portroduct. We get a fitten do the past years are discussional to the past years are discussional to the past years are the past years.	ently using n products to years, day you it o years, les ear, have les les les les les les les les les le	ng any of these over-the-counter (OTC) preparations for hormone replacement? Is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC B B B B B B B B B B B B B B B B B B B
9. II 1. II 2. H	In the period of the pearly of	estroge past tweevery of the past tweevery of the past tweevery of the past years and the past years are partially walkness. The past years are partially walkness, when years are partially walkness, which is the past tweever months are diseased as a tweever to the past tweever to the past tweever the past tweev	ently using n production production of years, less are to a less along the production of the second control of the production of the produ	ng any of these over-the-counter (OTC) preparations for hormone replacement? Is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC Is Black cohosh (e.g., Pethodologist) Neither Security Neith
9. II 1. II 2. H	In the period in the pearly of	estroge past tweevery of the past tweevery of the past tweevery of the past years and the past years are past tweevery of the past years are past tweevery of the past tweevery of tweevery of the past tweevery of t	ently using production production of years, less are the sale of t	ng any of these over-the-counter (OTC) preparations for hormone replacement? Is Black cohosh (e.g., Remifemin) Natural progesterone cream/wild yam Other OTC B B B B B B B B B B B B B B B B B B B

9. Since June 2013, have you had any o	of YEA	R OF DIAG	GNOSIS	19 20.	In the past two years have you had: No Yes, for Yes, for
these clinician-diagnosed illnesses?	Befor	e June '13	3 After		(If yes, mark all that apply)
LEAVE BLANK FOR "NO", MARK HERE FOR "YES" —	June 2013	1 to May '15	June 1 2015		A physical exam?
Myocardial infarction (heart attack)	(Y)			1	Mammogram (or other breast imaging)? N Y
Angina pectoris	(Y)			2	Eye exam by doctor?
Confirmed by angiography? No	Yes				Fasting blood sugar?
Coronary bypass, angioplasty or stent	(Y)				Upper endoscopy? N No Y Yes
Transient ischemic attack (TIA)	(Y)	\vdash	$\stackrel{\smile}{\sim}$		(Virtual) CT Colonoscopy? N No Y Yes
Stroke (CVA)	Y				Colonoscopy? N No Y Yes
	Y				
Pulmonary embolus	9 1 9				Sigmoidoscopy? N No Y Yes
Deep vein thrombosis	Y				Initial reason(s) you had Colonoscopy/Sigmoidoscopy
Fibrocystic/other benign breast disease				8	Visible blood Occult fecal blood Abdominal pain
Confirmed by breast biopsy? No	Yes				Diarrhea/constipation Family history of colon cancer
Breast cancer	Y			9	Fecal/stool DNA testing Follow-up of (virtual) CT colonoscopy
Cancer of the uterus (endometrium)	Y -			10	Prior polyps Asymptomatic or routine screening
Cancer of the ovary	Y -			11 21.	Regular Medication (Mark if used regularly in past 2 years
Colon or rectal polyp (benign)	Y			12	Acetaminophen (e.g., Tylenol)
Cancer of the colon or rectum	(Y)			13	Days/week: () 1 () 2–3 () 4–5 () 6+ days
Melanoma	(Y)			14)	Tablets/wk: 0 1–2 0 3–5 0 6–14 0 15+ tablets
Basal cell skin cancer	(Y)			15	"Baby" or low dose aspirin (100 mg or less/tablet)
Squamous cell skin cancer	(Y)				Days/week: 1 2–3 4–5 6+ days
•	Y				Tablets/wk: 0 1–2 0 3–5 0 6–14 0 15+ tablets
Other cancer				10	
Specify site of					Aspirin or aspirin-containing products (325 mg or more/tablet)
other cancer					Days/week: 0 1 0 2-3 0 4-5 0 6+ days
Crohn's/Ulcerative or Microscopic colitis	(Y)	0	0		Tablets/wk: 1–2 3–5 6–14 15+ tablets
Dysplastic nevus (Atypical mole)	Y	0		19	Ubuprofen (e.g., Advil, Motrin, Nuprin)
Gastric or duodenal ulcer	(Y) → ()			20	Days/week: 1 2–3 4–5 6+ days
Barrett's esophagus	Y -			21	Tablets/wk:
Cholecystectomy	(Y)			22	Celebrex (COX-2 inhibitors)
Diabetes mellitus	(Y)			23	Days/week: 1 2-3 4-5 6+ days
Elevated cholesterol	(Y)			24)	Other anti-inflammatory analgesics, 2+ times/week
High blood pressure	(Y)			25	(e.g., Aleve, Clinoril, Relafen, Indocin)
Kidney stones	(Y)	\vdash	\vdash	26	Thiazide diuretic Lasix Potassium
Multiple Sclerosis	(Y)			27	Calcium blocker (e.g., Calan, Procardia, Cardizem, Norvasc)
Asthma, Clinician diagnosed	(Y)			28	Beta-blocker (e.g., Lopressor, Tenormin, Corgard, Coreg)
Emphysema/Chronic bronchitis	$\frac{\circ}{}$			20	
· ·	Y			29	ACE inhibitors (e.g., Capoten, Vasotec, Zestril)
	<u> </u>			30	Angiotensin receptor blocker (e.g., Diovan, Cozaar, Avapro)
Hypothyroidism	Y	0	0	31)	Other anti-hypertensive (e.g., clonidine, doxazosin)
Hyperparathyroidism	Y	0		32	Coumadin Pradaxa/Xarelto/Eliquis Plavix
Gout	(Y)			33	Prasugrel (Effient) Digoxin Antiarrhythmic
Peripheral neuropathy	Y -	0	0	34	Mevacor (lovastatin) Zocor (simvastatin) Crestor
SLE (systemic lupus)	Y			35	Pravachol (pravastatin) Lipitor (atorvastatin) Other stati
Rheumatoid arthritis	Y			36	Other cholesterol-lowering drug [e.g., niacin, Lopid (gemfibrozi
Other arthritis	(Y)			37	Tricor (fenofibrate), Questran (cholestyramine), Colestid, Zetia]
Depression, Clinician diagnosed	(Y)	Ŏ		38	Steroids taken orally (e.g., Prednisone, Decadron, Medrol)
•	(Y)			39	Insulin Metformin Other oral hypoglycemic agent
Alzheimer's or other dementia	(Y)			40	Thyroid hormone (e.g., Synthroid, Levothroid, Levoxyl)
	Y			41	
<u> </u>				41	Triptans (e.g., Imitrex, Maxalt, Zomig, Amerge, Replax)
	<u> </u>	10		42	Bisphosphonates (e.g., Fosamax, Boniva, Actonel)
·	<u>(Y)</u>	0	0	43	Evista (raloxifene) Nolvadex (tamoxifen)
Vertebral fracture	Y	0	0	44	Anticholinergics (e.g., Detrol, Ditropan, Vesicare)
Other major illness or surgery since	(Y) → ()			45	SSRIs (e.g., Celexa, Lexapro, Prozac, Paxil, Zoloft, Luvox)
June 2013	1 2 3	4 5	6 7	9	Tricyclics (e.g., amitriptyline, nortriptyline, imipramine)
Please specify: Date:	1 2 3	4 5	6 7	9	Other antidepressants (e.g., Wellbutrin, Effexor, Remeron)
	1 2 3	4 (5)	6 (7)	9	Minor tranquilizers (e.g., Valium, alprazolam, Iorazepam)
	1	1 1 (1)(1)((1)	Prilosec, Nexium, Prevacid, Protonix, Aciphex, Dexilant
CA		2 2 (~	H2 blocker (e.g., Pepcid, Tagamet, Zantac, Axid)
0 1 2 FOR OFFICE USE ONLY 1 2 3		4 4		<u>(4)</u>	Is this your correct date of birth?

 \bigcirc

Yes, most months Yes, day: 10,	take? equiv. A equiv.	Any Multi-vi	0	mEq D to 50 mg D to 9 mg D to D IU 1 to D0 mg D to D mg	or 20 or 13 or 15 or 15 or 26 or 26	3,000 IU more 0 mEq more 000 mg more 00 IU more 001 mg more	Don know Don know Don know Don know Don know Don know	w 't P w 't C w 't B6 w 't E
Centrum Silver or Senior vit. Centrum or generic Eye Vitamin, e.g., Ocuvite One-A-Day Women' Not counting multivitamins, do you take any of the following vitam a) Vitamin A No Yes, seasonal only Yes, most months Yes, Dose per Les day: 2.5 mE c) Vitamin C No Yes, seasonal only Yes, most months Yes, Dose per Les day: 400 d) Vitamin B ₆ No Yes If Yes, Dose per Les day: 50 e) Vitamin E No Yes If Yes, Dose per Les day: 100 Type: Natural Reg (lelemental calcium): 600 g) Selenium No Yes If Yes, Dose per Les day: 80 h) Vitamin D No Yes, seasonal only If Yes, Dose per Les day: 80 h) Vitamin D No Yes, seasonal only If Yes, Dose per Les day: 80 i) Zinc No Yes, seasonal only If Yes, Dose per Les day: 80 24. Are there other supplements Cod Liver Oil Probiotics Vitamin that you take on Fish Oil Melatonin Coenz	equiv. A is C inin prepara ss than ,000 IU ss than [Eq (100 mg) ss than Omg ss than OIU egular (dl) egular (dl) mg ss than Omg ss than O mg	ations? 10,000 f 15,000 l 3 to 9 mEq 400 to 700 mg 50 to 99 mg 100 to 250 IU Unknow 600 to 900 mg 80 to 130 mcg 600 to 900 IU	0	0000 IU to mEq 0 to 50 mg 0 to 9 mg 0 to 0 IU	or 20 or 13 or 15 or 15 or 26 or 26	more 0 mEq more 00 mg more 00 mg more 00 mg more 00 IU more 001 mg more	knov Don knov Don knov Don knov Don knov Don knov	w 't P w 't C w 't B6 w 't E
Eye Vitamin, e.g., Ocuvite	ris On the preparation of the pr	ations? 10,000 f 15,000 l 3 to 9 mEq 400 to 700 mg 50 to 99 mg 100 to 250 IU Unknow 600 to 900 mg 80 to 130 mcg 600 to 900 IU	0	0000 IU to mEq 0 to 50 mg 0 to 9 mg 0 to 0 IU	or 20 or 13 or 15 or 15 or 26 or 26	more 0 mEq more 00 mg more 00 mg more 00 mg more 00 IU more 001 mg more	knov Don knov Don knov Don knov Don knov Don knov	w 't P w 't C w 't B6 w 't E
Not counting multivitamins, do you take any of the following vitam a) Vitamin A No Yes, seasonal only If Dose per Les day: 10, b) Potassium No Yes If Yes, Dose per Les day: 2.5 mE c) Vitamin C No Yes, seasonal only Yes, most months Yes, day: 400 d) Vitamin B6 No Yes If Yes, Dose per Les day: 50 e) Vitamin E No Yes If Yes, Dose per Les day: 50 f) Calcium No Yes If Yes, Dose per Les day: 100 Type: Natural Reg f) Calcium No Yes If Yes, Dose per Les day: 100 Type: Natural Reg f) Calcium No Yes If Yes, Dose per Les day: 80 h) Vitamin D No Yes If Yes, Dose per Les day: 80 h) Vitamin D No Yes, seasonal only If Dose per Les day: 80 i) Zinc No Yes, most months Yes, day: 600 i) Zinc No Yes If Yes, Dose per Les day: 31 24. Are there other supplements Cod Liver Oil Probiotics Vitamin that you take on Fish Oil Melatonin Coenz	nin preparass than (,000 IU ss than ()000 IU ss than ()000 IU ss than ()000 IU ss than ()000 IU ss than ()010 IU ss than ()00	ations? 10,000 f 15,000 l 3 to 9 mEq 400 to 700 mg 50 to 99 mg 100 to 250 IU Unknow 600 to 900 mg 80 to 130 mcg 600 to 900 IU	22	0000 IU to mEq 0 to 50 mg 0 to 9 mg 0 to 0 IU	or 20 or 13 or 15 or 15 or 26 or 26	more 0 mEq more 00 mg more 00 mg more 00 mg more 00 IU more 001 mg more	knov Don knov Don knov Don knov Don knov Don knov	w 't P w 't C w 't B6 w 't E
a) Vitamin A No Yes, seasonal only If Yes, day: 10, b) Potassium No Yes If Yes, Dose per Les day: 2.5 mE c) Vitamin C No Yes, seasonal only If Yes, Dose per Les day: 400 d) Vitamin B6 No Yes If Yes, Dose per Les day: 50 e) Vitamin E No Yes If Yes, Dose per Les day: 50 e) Vitamin E No Yes If Yes, Dose per Les day: 100 Type: Natural Reg f) Calcium No Yes If Yes, Dose per Les day: 100 If Yes, Dose per Les day: 100 Type: Natural Reg f) Calcium No Yes If Yes, Dose per Les day: 100 If Yes, Dose per Les day: 100 If Yes, Dose per Les day: 100 If Yes, Dose per Les day: 80 h) Vitamin D No Yes If Yes, Dose per Les day: 80 h) Vitamin D No Yes, seasonal only If Dose per Les day: 80 i) Zinc No Yes If Yes, Dose per Les day: 31 24. Are there other supplements Cod Liver Oil Probiotics Vitamin that you take on Fish Oil Melatonin Coenz	ss than (,000 IU ss than () [Eq (100 mg)] ss than () [Omg] ss than () [Omg	10,000 ft 15,000 lt 15,000	22	0000 IU to mEq 0 to 50 mg 0 to 9 mg 0 to 0 IU	or 20 or 13 or 15 or 15 or 26 or 26	more 0 mEq more 00 mg more 00 mg more 00 mg more 00 IU more 001 mg more	knov Don knov Don knov Don knov Don knov Don knov	w 't P w 't C w 't B6 w 't E
Yes, most months Yes, Dose per Les day: 2.5 mE	,000 IU ss than Eq (100 mg) ss than Omg ss than Oll egular (dl) ss than O mg ss than O IU ss than o mg ss than o iu ss than o iu	15,000 II 3 to 9 mEq 400 to 700 mg 50 to 99 mg 100 to 250 IU Unknow 600 to 900 mg 80 to 130 mcg 600 to 900 IU	22	0000 IU to mEq 0 to 50 mg 0 to 9 mg 0 to 0 IU	or 20 or 13 or 15 or 15 or 26 or 26	more 0 mEq more 00 mg more 00 mg more 00 mg more 00 IU more 001 mg more	knov Don knov Don knov Don knov Don knov Don knov	w 't P w 't C w 't B6 w 't E
b) Potassium No Yes If Yes, Dose per Les day: 2.5 mE c) Vitamin C No Yes, seasonal only Yes, most months Yes, day: 400 d) Vitamin B6 No Yes If Yes, Dose per Les day: 50 e) Vitamin E No Yes If Yes, Dose per Les day: 100 Type: Natural Reg (lelemental calcium): 600 g) Selenium No Yes If Yes, Dose per day: Les day: 100 Type: Natural Reg (lelemental calcium): 600 f) Calcium No Yes If Yes, Dose per day: Les day: 80 h) Vitamin D No Yes, seasonal only If Dose per Les day: 80 i) Zinc No Yes, most months Yes, Dose per Les day: 31 24. Are there other supplements Cod Liver Oil Probiotics Vitamin that you take on a regular basis?	ss than (Eq (100 mg) ss than (Omg ss than (OIU ss than (Omg ss than (OIU ss than (O	3 to 9 mEq 400 to 700 mg 50 to 99 mg 100 to 250 IU Unknow 600 to 900 mg 80 to 130 mcg 600 to 900 IU	10 19 75 12 10 14 30 50 1 1 90 15 14 25	to mEq 0 to 50 mg 0 to 9 mg 0 to 0 lto 0 lto 0 lto 0 lto 0 lto 0 mg 0 to 0 mg 0 to	20 or 13 or 15 or 60 or 15 or 26	meq more 000 mg more 00 mg more 00 IU more	Don know	't P w 't C w 't B6 w 't E
c) Vitamin C No Yes, seasonal only If Dose per Les day: 400 d) Vitamin B6 No Yes If Yes, Dose per Les day: 50 e) Vitamin E No Yes If Yes, Dose per Les day: 100 Type: Natural Reg (elemental calcium): 600 g) Selenium No Yes If Yes, Dose per day: Les day: 100 Type: Natural Reg (elemental calcium): 600 g) Selenium No Yes If Yes, Dose per Les day: 80 h) Vitamin D No Yes, seasonal only If Dose per Les day: 80 h) Vitamin D No Yes, most months Yes, day: 600 i) Zinc No Yes If Yes, Dose per Les day: 31 24. Are there other supplements Cod Liver Oil Probiotics Vitamin that you take on a regular basis?	Eq (100 mg) ss than Omg ss than Oil egular (dl) ss than o mg ss than Oil ess than oil emcg ss than oil emcg ess than oil emcg e	9 mEq 400 to 700 mg 50 to 99 mg 100 to 250 IU Unknow 600 to 900 mg 80 to 130 mcg 600 to 900 IU	19 75 12 10 14 30 50 1 90 15 14 25 10	mEq D to 50 mg D to 9 mg D to D IU 1 to D0 mg D to D mg	or 13 or 15 or 60 or 15 or 26	more 600 mg more 600 mg more 600 IU more 601 mg more	knov Don knov Don knov Don knov Don knov	w ''t C w ''t B6 w ''t E
c) Vitamin C No Yes, seasonal only If Dose per Les day: 400 (I) Vitamin B6 No Yes If Yes, Dose per Les day: 50 e) Vitamin E No Yes If Yes, Dose per Les day: 100 Type: Natural Reg f) Calcium No Yes If Yes, Dose per day: 100 Type: Natural Reg f) Calcium No Yes If Yes, Dose per day: Les day: 100 (Include Calcium in Tums, etc.) g) Selenium No Yes If Yes, Dose per Les day: 80 h) Vitamin D No Yes, seasonal only If Dose per Les day: 80 i) Zinc No Yes If Yes, Dose per Les day: 80 24. Are there other supplements Cod Liver Oil Probiotics Vitamin that you take on a regular basis?	ss than Omg ss than OlU egular (dl) ss than omg ss than Olu egular (dl) ss than Olu ess than Olu ess than omg ss than omg ss than omcg ss than	400 to 700 mg 50 to 99 mg 100 to 250 IU Unknow 600 to 900 mg 80 to 130 mcg 600 to 900 IU	75 12: 10: 14: 30: 50: 15: 144: 25:	0 to 50 mg 0 to 9 mg 0 to 0 IU 1 to 00 mg 0 to 0 mg 0 to 0 mg 0 to 0 mg 0 to 0 mcg	13 or 15 or 60 or 15 or 26	more on IU more on IU more on Imp	Don know	't C w 't B6 w 't E
Yes, most months Yes, day: 400	Omg ss than mg ss than OIU egular (dl) ss than O mg ss than mcg ss than O IU ss than mg nium	700 mg 50 to 99 mg 100 to 250 IU Unknow 600 to 900 mg 80 to 130 mcg 600 to 900 IU	12	50 mg 0 to 9 mg 0 to 0 IU 1 to 00 mg 0 to	or 15 or 60 or 15 or 26	more 60 mg more 90 IU more 601 mg more	knov Don knov Don knov Don knov	w 't B6
d) Vitamin B ₆ No Yes If Yes, Dose per Les day: 50 e) Vitamin E No Yes If Yes, Dose per Les day: 100 Type: Natural Reg f) Calcium No Yes If Yes, Dose per day: Les day: 100 [Include Calcium in Tums, etc.] g) Selenium No Yes If Yes, Dose per day: Les day: 80 h) Vitamin D No Yes, seasonal only If Dose per Les day: 80 i) Zinc No Yes, most months Yes, Dose per Les day: 600 i) Zinc No Yes Dose per Les day: 31 24. Are there other Supplements Cod Liver Oil Probiotics Vitamin that you take on a regular basis?	ss than (mg ss than (OIU sgular (dl) (ss than (Omg ss than (Omg ss than (Omg ss than (Omcg ss than (OIU ss than (Omg ss th	50 to 99 mg 100 to 250 IU Unknow 600 to 900 mg 80 to 130 mcg 600 to 900 IU	10 14 30 50 1 90 15 14 25	O to O mg O to O IU I to O mg O to O mg O to	15 or 60 or 15 or 26	more 00 IU more 001 mg more 001 mg more	Don know Don know	't B6
e) Vitamin E No Yes If Yes, Dose per Les day: 100 Type: Natural Req f) Calcium No Yes If Yes, Dose per day: Les (elemental calcium): 600 g) Selenium No Yes If Yes, Dose per day: Les day: 80 h) Vitamin D No Yes, seasonal only If Dose per Les day: 80 i) Zinc No Yes If Yes, Dose per Les day: 600 i) Zinc No Yes If Yes, Dose per Les day: 31 24. Are there other supplements Cod Liver Oil Probiotics Vitamin that you take on a regular basis?	mg ss than OIU egular (dl) (ss than O mg ss than mcg ss than O IU ss than mg nium	99 mg 100 to 250 IU Unknow 600 to 900 mg 80 to 130 mcg 600 to 900 IU	144 300 500 10 900 15 144 25 10	9 mg 0 to 0 IU 1 to 00 mg 0 to 0 mcg	or 600 or 155 or 26	more 00 IU more 001 mg more	knov Don knov Don knov	w 't
e) Vitamin E No Yes If Yes, Dose per Les day: 100 Type: Natural Req f) Calcium No Yes If Yes, Dose per day: Les (elemental calcium): 600 g) Selenium No Yes If Yes, Dose per day: Les day: 80 h) Vitamin D No Yes, seasonal only If Dose per Les day: 80 i) Zinc No Yes If Yes, Dose per Les day: 600 i) Zinc No Yes If Yes, Dose per Les day: 31 24. Are there other supplements Cod Liver Oil Probiotics Vitamin that you take on a regular basis?	ss than (OIU egular (dl) (egular (e	100 to 250 IU Unknow 600 to 900 mg 80 to 130 mcg 600 to 900 IU	300 500 10 90 15 14 250	O to O IU I to O mg O to O mcg	60 or15 or26	more 601 mg more	O Don know	't E
f) Calcium No Yes If Yes, Dose per day: Les (elemental calcium): 600 (e	olU egular (dl) (ess than (o mg ess than (mcg ess than (o IU ess than (mg enium (250 IU Unknow 600 to 900 mg 80 to 130 mcg 600 to 900 IU	500 900 151 0 144 250 100	1 to 00 mg 0 to 0 mcg	or 15 or 26	more 601 mg more	knov Don knov	
f) Calcium No Yes If Yes, Dose per day: Les (elemental calcium): 600 (e	egular (dl) (ss than (0 mg ss than (mcg ss than (0 IU ss than (mg nium (Unknow 600 to 900 mg 80 to 130 mcg 600 to 900 IU	90 15 14 25	1 to 00 mg 0 to 0 mcg	15 or	i01 mg more	O Don	W
f) Calcium No Yes If Yes, Dose per day: Les (elemental calcium): 600 (e	ss than (0 mg ss than (mcg ss than (0 IU ss than (mg nium (0 IU ss than (0 IU ss	600 to 900 mg 80 to 130 mcg 600 to 900 IU	90 15 14 25 10	00 mg 0 to 0 mcg	or 26	more	knov	
(Include Calcium in Tums, etc.) (g) Selenium No Yes If Yes, Dose per Les day: 80 h) Vitamin D No Yes, seasonal only If Dose per Les (in calcium supplement or separately) Yes, most months Yes, Dose per Les day: 600 i) Zinc No Yes If Yes, Dose per Les day: 31 24. Are there other supplements Cod Liver Oil Probiotics Vitamin that you take on a regular basis?	0 mg ss than (mcg ss than (0 IU ss than (mg nium (900 mg 80 to 130 mcg 600 to 900 IU	150	00 mg 0 to 0 mcg	or 26	more	knov	
g) Selenium No Yes If Yes, Dose per Les day: 80 h) Vitamin D No Yes, seasonal only If Dose per Les (in calcium supplement or separately) Yes, most months Yes, Dose per Les day: 600 i) Zinc No Yes If Yes, Dose per Les day: 31 24. Are there other supplements Cod Liver Oil Probiotics Vitamin that you take on a regular basis?	ss than (mcg ss than (0 IU ss than (mg nium (mg mcg mcg mcg mcg mcg mcg mcg mcg mcg m	80 to 130 mcg 600 to 900 IU	14 25 10	0 to 0 mcg	<u>26</u>			't CA
h) Vitamin D No Yes, seasonal only If Dose per Les (in calcium supplement or separately) Yes, most months Yes, day: 600 i) Zinc No Yes If Yes, Dose per Les day: 31 24. Are there other supplements Cod Liver Oil Probiotics Vitamin that you take on a regular basis?	ss than (0 IU ss than (mg nium (130 mcg 600 to 900 IU	25) mcg		0 mcg		N
h) Vitamin D No Yes, seasonal only If Dose per Les (in calcium supplement or separately) Yes, most months Yes, day: 600 i) Zinc No Yes If Yes, Dose per Les day: 31 24. Are there other supplements Cod Liver Oil Probiotics Vitamin that you take on a regular basis?	ss than (0 IU ss than (mg nium (600 to 900 IU	<u> </u>		or		O Don	't s
(in calcium supplement or separately) Yes, most months Yes, day: Output Ou	0 IU ss than (mg nium (900 IU		20.1-		more	knov	N
i) Zinc No Yes If Yes, Dose per Les day: 31 24. Are there other supplements Cod Liver Oil Probiotics Vitamin that you take on a regular basis?	ss than (mg nium (10		<u>20</u>	000 IU	O Don	't D
24. Are there other supplements Cod Liver Oil Probiotics Vitamin that you take on Fish Oil Melatonin Coenz	mg nium (31 to		00 IU		more	knov	
24. Are there other supplements Cod Liver Oil Probiotics Vitamin that you take on a regular basis?	nium (75		<u> </u>	11 mg	O Don	
supplements Cod Liver Oil Probiotics Vitamin that you take on Fish Oil Melatonin Coenz		74 mg		0 mg		more	knov	N
that you take on Fish Oil Melatonin Coenz	in Water (Folic Aci			cosamine	e/Chond	Iroitin	24
a regular basis?		B-Comp		O Iron) Magnes	sium	
a regular basis? Flav Seed Oil Vitamin R12 Niacin	zyme Q10 (Ginkgo E	Biloba					
() Hax occurrent () Vitariiii B12 () Nidolii	n (Lycopen	e Otl	ner 📂				
cereal do you usually eat? Don't eat cold breakfast cereal.							5 6 7 6 5 6 7 6	
27. What form of margarine or spread do you usually use (exclude	e pure but	ter?)	What speci		ype of marg			27
None Form? Stick Tub Spray Squeez		,	(e.g., Shedi	a's Country (Crock plus c	alcium and	vitamins)	F
Type? Reg Light Nonfat			1					T
28. For each food listed, fill in the circle indicating how often on a	verage							В
you have used the amount specified during the past year.		A\/E	DACELIC	ELACI	VEAD			1
	Never, or less t		1 per 2-4 p	er 5–6 per			4–5 6+	4
	once per mon	nth month	week weel		per day p		er day per day	P
Skim milk			w		D		\bigcirc	
0 1 2 3 4 5 6 9 Atilk (9 oz. glass)			w		D			
Milk (8 oz. glass) Whole milk	(w	0	D		0 0	
0 0 0 0 0 0 0 Soy milk	(w		D		0 0	C
Cream, e.g., coffee, sour (exclude fat free) (1 Tbs	s) (w O	0	D		0 0	
Non-dairy coffee whitener (exclude fat free) (1 Tb	bs)		w O	0	D		0 0	
Frozen yogurt, sherbet, sorbet or low-fat ice crea	am (1 c)		w	0	D	0	0 0	
Regular ice cream (1 cup)			w O	Ŏ	D		O O	
S S S S S S S S S S S S S S S S S S S			w	Ŏ	D		O O	
	1 (w		(D)	O	ŎŎ	
Spreads added to	rock)							
Spreads added to food or bread; exclude use in Margarine (e.g., Country Cr "Spreadable Butter"- butte		1 1			D			
Spreads added to food or bread; Margarine (e.g., Country Cr	er/oil		(W)				ŎŎ	
Spreads added to food or bread; exclude use in cooking Plain Spreads added to food or bread; exclude use in cooking Margarine (e.g., Country Cr "Spreadable Butter"- butte blend (e.g., Olivio Spread E	er/oil		w		D			
Spreads added to food or bread; exclude use in cooking Margarine (e.g., Country Cr "Spreadable Butter"- butte blend (e.g., Olivio Spread E) Plain Yogurt Artificially sweetened (e.g., light peach	er/oil But.)	0 0	9 9	0	D D	0	\bigcirc	C
Spreads added to food or bread; exclude use in cooking Margarine (e.g., Country Cr "Spreadable Butter"- butte blend (e.g., Olivio Spread E	er/oil But.)		w	0		0	0 0	
Spreads added to food or bread; exclude use in cooking Spreads lend (e.g., Country Cresting Spreads lend (e.g., Country Cr	er/oil But.)		w	0	D	0 0	0 0	
Spreads added to food or bread; exclude use in cooking Margarine (e.g., Country Cr "Spreadable Butter"- butte blend (e.g., Olivio Spread E blend (e.g., Olivio Spread E Sweetened (e.g., light peach Sweetened (e.g., strawberry, vanilla)	er/oil But.)		w	0	D D	0 0	0 0	

Michicocolate Day Paged (a) Special Nicolate (a) Sp				Never, or l	ess than	1–3 per	1 per		r 5–6 per	1	2–3	4–5	6+			1
Dark chocolate, e.g Hershey's Dark or Dove Dark Candry bars, e.g., Sinckars, Milky Way, Resea's Candry without chocolate (1 oz.) Cookies (1) Fat free or reduced fat Order ready made or from mix or dough Brownies (1) Home-baked, from scratch Brownies (1) Home-baked, from scratch Doughnuts (1) Cake, homemade or ready made (sice) Ple, homemade or ready made (sice) Ple penut butter (1 Tba) Papcar (2-3 aups) Fat free or light F					month	month	week	week	week		per day	per day	per day			(1)
Canchy without chocolate (1 oz.) Cacklass (1) Fat free or reduced fat or or other pastly made or from mix or dough or or other and y made or from mix or dough or or other pastly made or from mix or dough or or other pastly made or from mix or dough or or other pastly made or from mix or dough or or other pastly made (slice) Doughnuts (1) Cackle, homemade or ready made (slice) Doughnuts (1) Cackle, homemade or other pastly (1) Cackle (1) Cackl							\sim					0	0	0	\simeq	
Candy without chocolate (1 az) Cookies (1) Cookies (1) Cother ready made of from mix or dough Other ready made of from mix or dough Brownies (1) Home-baked, from soratch WW 0 0 0 Cake, homemade or ready made (slice) Pean to butter (1 Tbs) Cake, homemade or ready made (slice) WW 0 0 0 Cake, homemade or ready made (slice) Jams, jellies, preserves, syrup, or honey (1 Tbs) Pean to butter (1														0	\sim	
Cookies (1)				eese s											р	
Other ready made for from mix or dought Brownies (1) Brow															C	
Browniers (1) Home-baked, from scratch	,			m miy or dough	h 0											
Doughnuts (1) Cake, homemade or ready made (slice) (W) (D) (Delta, homemade or ready made (slice) (W) (D) (D) (D) (D) (D) (D) (D			•							_ <						
Cake, homemade or ready made (slice) Pie, homemade or other pastry (1) Pied ready (1 small pastry (1) Pied raine, s. g., Slimfast, (1) Pied raine, s. g., Slimfast	. ,	поппе-рак	led, Irom Scrat	ICH												
Pie, homemade or ready made (silce) Jams, jellies, preserves, syrup, or honey (1 Tbs) Peanut butter (1 Tbs) Pepcorn (2-3 cups) Flat free or light Pepcorn (2-3 cups) Pegular Sweet roll, coffee cake or other pastry (1) Snack bars, e.g., Nutrigrain, Kashi, granola, Planter's (1) Snack bars, e.g., Slimfast (1) Energy bars or high protein bars, e.g., Clif, Zone, etc. Diet nutrition drinks, e.g., Slimfast (1) Fretzels (1 small bag or serving) Peanuts (small packet or 1 oz.) Diet nutrition drinks, e.g., Slimfast (1) Fretzels (1 small bag or serving) Peanuts (small packet or 1 oz.) Uw 100 Pretzels (1 small bag or serving) Peanuts (small packet or 1 oz.) Uw 100 Diret cranberries (1/4 cup) Mixed dried fruit (1/4 cup) Oat bran, other bran (wheat, etc.), added to food (1 Tbs) Ww 100 Diret or serving (1 tbs) Chowder or cream soup (1 cup) Chowder or cream soup (1 cup) Chowder or dream soup (1 cup) Chowder or dream soup (1 cup) Chowder or dream soup (1 cup) Chowder or free mayonnaise (1 Tbs) Ww 100 Diret or all added to food or bread (1 Tbs) Ww 100 Diret or all added to food or bread (1 Tbs) Ww 100 Diret or all added to food or bread (1 Tbs) Ww 100 Diret or all added to food or bread (1 Tbs) Ww 100 Diret or all added to food or bread (1 Tbs) Ww 100 Diret or all added to food or bread (1 Tbs) Ww 100 Diret or all added to food or bread (1 Tbs) Ww 100 Diret or all added to food or bread (1 Tbs) Ww 100 Diret or all added to food or bread (1 Tbs) Ww 100 Diret or all added to food or bread (1 Tbs) Ww 100 Diret or all added to food or bread (1 Tbs) Ww 100 Diret or all added to food or bread (1 Tbs) Ww 100 Diret or all added to food or bread (1 Tbs) Ww 100 Diret or all added to food or bread (1 Tbs) Ww 100 Diret or all added to food or bread (1 Tbs) Ww 100 Diret or all added to food or bread (1 Tbs) Ww 100 Diret or all added to food or bread (1 Tbs) Ww 100 Diret or all added to food	. ,	le or ready	made (slice)							\vdash						
Jams, jellies, preserves, syrup, or honey (1 Tbs) W			, ,													
Peanut butter (1 Tbs) Fat free or light Regular W				(1 Ths)						\vdash						
Popcorn (2-3 cups)			up, or noncy ((1 103)												
Popcon (2-3 cups) Regular	r dariat battor (1		at free or light							\vdash						
Sweet roll, coffee cake or other pastry (1) Snack bars, e.g., Nutrigrain, Kashi, granola, Planter's (1) Energy bars or high protein bars, e.g., Clif, Zone, etc. Diet nutrition drinks, e.g. Slimfast (1) Ensure, Boost or other meal replacement drinks (1) Pretzels (1 small bag or serving) Peanuts (small packet or 1 oz.) Wainuts (1 oz.) Other nuts (small packet or 1 oz.) Wight (1 oz.) Dried cranberries (1/4 cup) Mixed dried fruit (1/4 cup) Other nuts (small packet, etc.), added to food (1 Tbs) Wheat germ (1 Tbs) Chowder or cream soup (1 cup) Ketchup or red chili sauce (1 Tbs) Flaxseed (1 Tbs) Chive oil added to food or bread (1 Tbs) Wight of the rem appronaise (1 Tbs) Regular mayonnaise (1 Tbs) Salad dressing (1-2 Tbs) How often? Type(s): Nondat Diver in the rem appronaise (1 Tbs) Salad dressing (1-2 Tbs) Liver: chicken or turkey (1 oz.) Never Less than 1/mo 1/mo 2-3/mo 1/week or more and the stand or sautéer of sautein garden. 29. Liver: beef, calf or pork (4 oz.) Never Less than 1/mo 1/mo 2-3/mo 1/week or more and the sautein garden. 30. How often do you eat fried or sautéed food at home? (Exclude "Pam"-type spray) Less than once a week 1-3-8 times per week 4-6 times per week Daily 31. What kind of fat is usually used for frying and sautéing at home? (Exclude "Pam"-type spray) Real butter Margarine Olive oil Vegetable oil Veg. shortening Lard N/A 33. What type of cooking oil is usually used at home? (Exclude "Pam"-type spray) Real butter Margarine Olive oil Vegetable oil Veg. shortening Lard N/A 34. 40 35. What kind of fat is usually used for frying and sautéing at home? (Exclude "Pam"-type spray) Real butter Margarine Olive oil Vegetable oil Veg. shortening Lard N/A 36. 60 37. 70 38. How often do you eat deep fried chicken, fish, shrimp, clams or onion rings away from home?	Popcorn (2-3 cu	ine) —														
Snack bars, e.g., Nutrigrain, Kashi, granola, Planter's (1)	Sweet roll, coffe)						\vdash						
Energy bars or high protein bars, e.g., Clif, Zone, etc. Diet nutrition drinks, e.g., Silmfast (1) Pretzels (1 small bag or serving) Peanuts (small packet or 1 oz.) Windham (1 oz.) Other nuts (small packet or 1 oz.) Windham (2 oz.) Other nuts (small packet or 1 oz.) Other or amberries (1/4 cup) Other or or amberries (1/4 cup) Other or or amberries (1/4 cup) Other or or or or										\sim						
Diet nutrition drinks, e.g. Slimfast (1) Ensure, Boost or other meal replacement drinks (1) Pretzels (1 small bag or serving) Peanuts (small packet or 1 oz.) Walnuts (1 oz.) Williams (1 oz.) Dried cranberries (1/4 cup) Mixed dried fruit (1/4 cup) Out bran, other bran (wheat, etc.), added to food (1 Tbs) Williams (1 oz.) Other nuts (small packet or 1 oz.) Dried cranberries (1/4 cup) Mixed dried fruit (1/4 cup) Out bran, other bran (wheat, etc.), added to food (1 Tbs) Williams (1 oz.) Other other other other (1 oz.) Chowder or cream soup (1 cup) Williams (1 oz.) Garlic, fresh or powdered (1 clove or 4 shakes) Williams (1 oz.) Williams (1 oz.) Williams (1 oz.) Williams (1 oz.) Olive oil added to food or bread (1 Tbs) Williams (1 oz.) Williams (1 oz.) Williams (1 oz.) Artificial sweeteners How often? Williams (1 oz.) Williams (1 oz.) Williams (1 oz.) Williams (1 oz.) Artificial sweeteners How often? Williams (1 oz.) Wil										\sim	Ŏ	$\overline{0}$	$\overline{}$			
Ensure, Boost or other meal replacement drinks (1)				,, 5.0.												
Pretzels (1 small bag or serving) Peanuts (small packet or 1 oz.) W Deanuts (small packet or 1 oz.) W Died cranberries (1/4 cup) W Died to frait (1/4 cup) W Died cranberries (1/4 cup) Died cranberries (1/4 cup) Died cra			. ,	drinks (1)												
Peanuts (small packet or 1 oz.) Walnuts (1 oz.) Walnuts (1 oz.) William				- ()						\sim						
Walnuts (1 oz.) Other nuts (small packet or 1 oz.) Other nuts (small packet or 1 oz.) Mixed dried fruit (1/4 cup) Mixed dried fruit (1/4 cup) Oat bran, other bran (wheat, etc.), added to food (1 Tbs) Wheat germ (1 Tbs) Who								Ŏ		(D)	$\overline{}$	$\overline{\bigcirc}$				
Other nuts (small packet or 1 oz.) Dried cranberries (1/4 cup) Oat bran, other bran (wheat, etc.), added to food (1 Tbs) Wheat germ (1 Tbs) Chowder or cream soup (1 cup) Tomato soup (1 cup) Chowder or cream soup (1 cup) Whethup or red chili sauce (1 Tbs) Flaxseed (1 Tbs) Garlic, fresh or powdered (1 clove or 4 shakes) Olives, any type (3) Olives, any type (3) Olives, any type (3) Clives diadded to food or bread (1 Tbs) Who Dhowdered (1 clove or 4 shakes) Whowdered (1 clove or 4 shakes) Who Dhowdered (1 clove or 4 shakes) Who Dhowdered (1 clove							(W)			(D)						
Mixed dried fruit (1/4 cup) Oat bran, other bran (wheat, etc.), added to food (1 Tbs) Wheat germ (1 Tbs) Whe		Il packet or	1 oz.)			Ŏ	(W)	Ŏ		(D)	Ŏ					
Oat bran, other bran (wheat, etc.), added to food (1 Tbs) Wheat germ (1 Tbs) Chowder or cream soup (1 cup) Ketchup or red chili sauce (1 Tbs) Flaxseed (1 Tbs) Garlic, fresh or powdered (1 clove or 4 shakes) Olives, any type (3) Olives, any type (3) Olive, any type (3) Olive oil added to food or bread (1 Tbs) Low-fat or fat-free mayonnaise (1 Tbs) Regular mayonnaise (1 Tbs) Salad dressing (1-2 Tbs) How often? Type(s): Nonfat Low-fat Olive oil Other vegetable oil Artificial sweeteners (1 packet) Type(s): Splenda Equal NutraSweet Sweet*N Low Saccharin 29. Liver: beef, calf or pork (4 oz.) Liver: chicken or turkey (1 oz.) Never Less than 1/mo 1/mo 2-3/mo 1/week or more Liver: chicken or turkey (1 oz.) Never Less than 1/mo 1/mo 2-3/mo 1/week or more Liver: chicken or turkey (1 oz.) Never Less than 1/mo 1/mo 2-3/mo 1/week or more Liver: chicken or turkey (1 oz.) Never Less than 1/mo 1/mo 2-3/mo 1/week or more Liver: chicken or turkey (1 oz.) Never Less than 1/mo 1/mo 2-3/mo 1/week or more Liver: chicken or turkey (1 oz.) Never Less than 1/mo 1/mo 2-3/mo 1/week or more Liver: chicken or turkey (1 oz.) Never Less than 1/mo 1/mo 2-3/mo 1/week or more Liver: chicken or turkey (1 oz.) Never Less than 1/mo 1/mo 2-3/mo 1/week or more Liver: chicken or turkey (1 oz.) Never Less than 1/mo 1/mo 2-3/mo 1/week or more Liver: chicken or turkey (1 oz.) Never Less than 1/mo 1/mo 2-3/mo 1/week or more Liver: chicken or turkey (1 oz.) Never Less than 1/mo 1/mo 2-3/mo 1/week or more Liver: chicken or turkey (1 oz.) Never Less than 1/mo 1/mo 2-3/mo 1/week or more Liver: chicken or turkey (1 oz.) Never Less than 1/mo 1/mo 2-3/mo 1/week or more Liver: chicken or turkey (1 oz.) Never Less than 1/mo 1/mo 2-3/mo 1/week or more Liver: chicken or turkey (1 oz.) Never Less than 1/mo 1/mo 2-3/mo 1/week or more Liver: chicken or turkey (1 oz.) Never Less than 1/mo 1/mo 2-3/mo 1/week or more Less than 1/mo 1/mo 2-3/mo 1/week or more B 30. How often do you eat fried or sautéed food at home? R	· · · · · · · · · · · · · · · · · · ·		,				(W)			(D)						
Wheat germ (1 Tbs) Chowder or cream soup (1 cup) Tomato soup (1 cup) While the provided in the	Mixed dried fruit	t (1/4 cup)			Ŏ	Ŏ	(W)	Ŏ		(D)	Ŏ					
Chowder or cream soup (1 cup) Tomato soup (1 cup) Ketchup or red chili sauce (1 Tbs) Flaxseed (1 Tbs) Garlic, fresh or powdered (1 clove or 4 shakes) Olives, any type (3) Olive oil added to food or bread (1 Tbs) Low-fat or fat-free mayonnaise (1 Tbs) Regular mayonnaise (1 Tbs) Salad dressing (1-2 Tbs) My	Oat bran, other b	ran (wheat,	etc.), added to	food (1 Tbs)			W			(D)						
Tomato soup (1 cup) Ketchup or red chili sauce (1 Tbs) Flaxseed (1 Tbs) Garlic, fresh or powdered (1 clove or 4 shakes) Olives, any type (3) Olive oil added to food or bread (1 Tbs) Low-fat or fat-free mayonnaise (1 Tbs) Salad dressing (1-2 Tbs) How often? Type(s): Nonfat Low-fat Olive oil Other vegetable oil Artificial sweeteners (1 packet) Type(s): Splenda Equal NutraSweet Sweet'N Low Saccharin 29. Liver: beef, calf or pork (4 oz.) Never Less than 1/mo 1/mo 2-3/mo 1/week or more Liver: chicken or turkey (1 oz.) Never Less than 1/mo 1/mo 2-3/mo 1/week or more Survey (1 oz.) Ne	Wheat germ (1	Tbs)			Ŏ	Ŏ	W	Ŏ	Ŏ	(D)	Ŏ	Ŏ	Ŏ	Ŏ		
Ketchup or red chili sauce (1 Tbs) Flaxseed (1 Tbs) Garlic, fresh or powdered (1 clove or 4 shakes) Olives, any type (3) Olive oil added to food or bread (1 Tbs) Low-fat or fat-free mayonnaise (1 Tbs) Regular mayonnaise (1 Tbs) Salad dressing (1-2 Tbs) Type(s): Nonfat Low-fat Olive oil Olive oil Other vegetable oil Artificial sweeteners (1 packet) Type(s): Splenda Flayse(s): Splenda Fl	Chowder or crea	am soup (1	cup)		0		W	0	0	D	0		0			
Flaxseed (1 Tbs) Garlic, fresh or powdered (1 clove or 4 shakes) Olives, any type (3) Olive oil added to food or bread (1 Tbs) Low-fat or fat-free mayonnaise (1 Tbs) Regular mayonnaise (1 Tbs) Salad dressing (1-2 Tbs) How often? Type(s): Nonfat Low-fat Olive oil Other vegetable oil Artificial sweeteners (1 packet) Type(s): Splenda Equal NutraSweet Sweet'N Low Saccharin Type(s): Splenda Equal NutraSweet Sweet'N Low Saccharin 29. Liver: beef, calf or pork (4 oz.) Never Less than 1/mo 1/mo 2-3/mo 1/week or more Liver: chicken or turkey (1 oz.) Never Less than 1/mo 1/mo 2-3/mo 1/week or more 30. How often do you eat fried or sautéed food at home? (Exclude "Pam"-type spray) Less than once a week 1-3 times per week 4-6 times per week Daily 31. What kind of fat is usually used for baking COOKIES at home? Real butter Margarine Olive oil Vegetable oil Veg. shortening Lard N/A 32. What kind of fat is usually used for baking COOKIES at home? Real butter Margarine Olive oil Vegetable oil Veg. shortening Lard N/A 33. What type of cooking oil is usually used at home? (e.g., Mazola Corn Oil) Specify brand and type 34. How often do you eat deep fried chicken, fish, shrimp, clams or onion rings away from home? 34. How often do you eat deep fried chicken, fish, shrimp, clams or onion rings away from home?	Tomato soup (1	cup)					W			D						
Garlic, fresh or powdered (1 clove or 4 shakes) Olives, any type (3) Olive oil added to food or bread (1 Tbs) Low-fat or fat-free mayonnaise (1 Tbs) Salad dressing (1-2 Tbs) How often? Type(s): Nonfat Low-fat Olive oil Other vegetable oil Artificial sweeteners (1 packet) Type(s): Splenda Equal NutraSweet Sweet'N Low Saccharin Type(s): Splenda Equal NutraSweet Sweet'N Low Saccharin 29. Liver: beef, calf or pork (4 oz.) Never Less than 1/mo 1/mo 2-3/mo 1/week or more Liver: chicken or turkey (1 oz.) Never Less than 1/mo 1/mo 2-3/mo 1/week or more 30. How often do you eat fried or sautéed food at home? (Exclude "Pam"-type spray) Less than once a week 1-3 times per week 4-6 times per week Daily 31. What kind of fat is usually used for frying and sautéing at home? (Exclude "Pam"-type spray) Real butter Margarine Olive oil Vegetable oil Veg. shortening Lard N/A 32. What type of cooking oil is usually used for baking COOKIES at home? Real butter Margarine Olive oil Vegetable oil Veg. shortening Lard N/A 33. What type of cooking oil is usually used at home? (e.g., Mazola Corn Oil) Specify brand and type 34. How often do you eat deep fried chicken, fish, shrimp, clams or onion rings away from home? 34. How often do you eat deep fried chicken, fish, shrimp, clams or onion rings away from home?	Ketchup or red	chili sauce ((1 Tbs)				W			D						
Olives, any type (3) Olive oil added to food or bread (1 Tbs) Low-fat or fat-free mayonnaise (1 Tbs) Regular mayonnaise (1 Tbs) Salad dressing (1-2 Tbs) How often? Type(s): Nonfat Low-fat Olive oil Other vegetable oil Artificial sweeteners (1 packet) Type(s): Splenda Equal NutraSweet Sweet'N Low Saccharin Liver: chicken or turkey (1 oz.) Never Less than 1/mo 1/mo 2-3/mo 1/week or more Liver: chicken or turkey (1 oz.) Never Less than 1/mo 1/mo 2-3/mo 1/week or more Liver: chicken do you eat fried or sautéed food at home? (Exclude "Pam"-type spray) Less than once a week 1-3 times per week 4-6 times per week Daily 31. What kind of fat is usually used for frying and sautéing at home? (Exclude "Pam"-type spray) Real butter Margarine Olive oil Vegetable oil Veg. shortening Lard N/A 32. What kind of fat is usually used for baking COOKIES at home? Real butter Margarine Olive oil Vegetable oil Veg. shortening Lard N/A 33. What type of cooking oil is usually used at home? (e.g., Mazola Corn Oil) Specify brand and type 34. How often do you eat deep fried chicken, fish, shrimp, clams or onion rings away from home?	Flaxseed (1 Tbs)			0		W		0	D	0	0	0			
Olive oil added to food or bread (1 Tbs) Low-fat or fat-free mayonnaise (1 Tbs) Regular mayonnaise (1 Tbs) Salad dressing (1-2 Tbs) How often? Type(s): Nonfat Low-fat Olive oil Other vegetable oil Artificial sweeteners (1 packet) Type(s): Splenda Equal NutraSweet Sweet'N Low Saccharin Type(s): Splenda Equal NutraSweet Sweet'N Low Saccharin 29. Liver: beef, calf or pork (4 oz.) Never Less than 1/mo 1/mo 2-3/mo 1/week or more Liver: chicken or turkey (1 oz.) Never Less than 1/mo 1/mo 2-3/mo 1/week or more Suever Sweet'N Low Saccharin 30. How often do you eat fried or sautéed food at home? (Exclude "Pam"-type spray) Less than once a week 1-3 times per week 4-6 times per week Daily 31. What kind of fat is usually used for frying and sautéing at home? (Exclude "Pam"-type spray) Real butter Margarine Olive oil Vegetable oil Veg. shortening Lard N/A 32. What kind of fat is usually used for baking COOKIES at home? Real butter Margarine Olive oil Vegetable oil Veg. shortening Lard N/A 33. What type of cooking oil is usually used at home? (e.g., Mazola Corn Oil) Specify brand and type 34. How often do you eat deep fried chicken, fish, shrimp, clams or onion rings away from home?	Garlic, fresh or p	oowdered (1	1 clove or 4 sh	nakes)			W			D						
Low-fat or fat-free mayonnaise (1 Tbs) Regular mayonnaise (1 Tbs) Salad dressing (1–2 Tbs) Type(s): Nonfat Low-fat Olive oil Other vegetable oil Artificial sweeteners (1 packet) Type(s): Splenda Equal NutraSweet Sweet'N Low Saccharin 29. Liver: beef, calf or pork (4 oz.) Never Liver: chicken or turkey (1 oz.) Never Less than 1/mo 1/mo 2-3/mo 1/week or more Liver: chicken or turkey (1 oz.) Never Less than 1/mo 1/mo 2-3/mo 1/week or more 8 30. How often do you eat fried or sautéed food at home? (Exclude "Pam"-type spray) Less than once a week 1-3 times per week 4-6 times per week Daily 31. What kind of fat is usually used for frying and sautéing at home? (Exclude "Pam"-type spray) Real butter Margarine Olive oil Vegetable oil Veg. shortening Lard N/A 32. What kind of fat is usually used for baking COOKIES at home? Real butter Margarine Olive oil Vegetable oil Veg. shortening Lard N/A 33. What type of cooking oil is usually used at home? (e.g., Mazola Corn Oil) Specify brand and type 34. How often do you eat deep fried chicken, fish, shrimp, clams or onion rings away from home? 34. How often do you eat deep fried chicken, fish, shrimp, clams or onion rings away from home? 34. How often do you eat deep fried chicken, fish, shrimp, clams or onion rings away from home?	Olives, any type	(3)					W			D						
Regular mayonnaise (1 Tbs) Salad dressing (1-2 Tbs)	Olive oil added	to food or b	read (1 Tbs)				W			D						
Salad dressing (1–2 Tbs) How often? Type(s): Nonfat Low-fat Olive oil Other vegetable oil Artificial sweeteners (1 packet) Type(s): Splenda Equal NutraSweet Sweet'N Low Saccharin 29. Liver: beef, calf or pork (4 oz.) Never Less than 1/mo 1/mo 2–3/mo 1/week or more Liver: chicken or turkey (1 oz.) Never Less than 1/mo 1/mo 2–3/mo 1/week or more B 30. How often do you eat fried or sautéed food at home? (Exclude "Pam"-type spray) Less than once a week 1–3 times per week 4–6 times per week Daily 31. What kind of fat is usually used for frying and sautéing at home? (Exclude "Pam"-type spray) Real butter Margarine Olive oil Vegetable oil Veg. shortening Lard N/A 32. What kind of fat is usually used for baking COOKIES at home? Real butter Margarine Olive oil Vegetable oil Veg. shortening Lard N/A 33. What type of cooking oil is usually used at home? (e.g., Mazola Corn Oil) Specify brand and type 34. How often do you eat deep fried chicken, fish, shrimp, clams or onion rings away from home? 34. How often do you eat deep fried chicken, fish, shrimp, clams or onion rings away from home?	Low-fat or fat-fr	ee mayonna	aise (1 Tbs)		0		W		0	D			0			
Type(s): Nonfat Low-fat Olive oil Other vegetable oil Artificial sweeteners (1 packet) Type(s): Splenda Equal NutraSweet Sweet'N Low Saccharin 29. Liver: beef, calf or pork (4 oz.) Never Less than 1/mo 1/mo 2-3/mo 1/week or more Liver: chicken or turkey (1 oz.) Never Less than 1/mo 1/mo 2-3/mo 1/week or more Sutéed food at home? (Exclude "Pam"-type spray) Less than once a week 1-3 times per week 4-6 times per week Daily 31. What kind of fat is usually used for frying and sautéing at home? (Exclude "Pam"-type spray) Real butter Margarine Olive oil Vegetable oil Veg. shortening Lard N/A 32. What kind of fat is usually used for baking COOKIES at home? Real butter Margarine Olive oil Vegetable oil Veg. shortening Lard N/A 33. What type of cooking oil is usually used at home? (e.g., Mazola Corn Oil) Specify brand and type 34. How often do you eat deep fried chicken, fish, shrimp, clams or onion rings away from home?					0		W			D						
Artificial sweeteners (1 packet) Type(s): Splenda Equal NutraSweet Sweet'N Low Saccharin 29. Liver: beef, calf or pork (4 oz.) Never Less than 1/mo 1/mo 2-3/mo 1/week or more Liver: chicken or turkey (1 oz.) Never Less than 1/mo 1/mo 2-3/mo 1/week or more B 30. How often do you eat fried or sautéed food at home? (Exclude "Pam"-type spray) Less than once a week 1-3 times per week 4-6 times per week Daily 31. What kind of fat is usually used for frying and sautéing at home? (Exclude "Pam"-type spray) Real butter Margarine Olive oil Vegetable oil Veg. shortening Lard N/A 32. What kind of fat is usually used for baking COOKIES at home? Real butter Margarine Olive oil Vegetable oil Veg. shortening Lard N/A 33. What type of cooking oil is usually used at home? (e.g., Mazola Corn Oil) Specify brand and type 34. How often do you eat deep fried chicken, fish, shrimp, clams or onion rings away from home? 94. 29 10. 10. 10. 10. 10. 10. 10. 10. 10. 10.	Salad dressing	(1-2 Tbs)			0							0				
(1 packet) Type(s): Splenda Equal NutraSweet Sweet'N Low Saccharin 29. Liver: beef, calf or pork (4 oz.) Never Less than 1/mo 1/mo 2-3/mo 1/week or more Liver: chicken or turkey (1 oz.) Never Less than 1/mo 1/mo 2-3/mo 1/week or more Solution 30. How often do you eat fried or sautéed food at home? (Exclude "Pam"-type spray) Less than once a week 1-3 times per week 4-6 times per week Daily 31. What kind of fat is usually used for frying and sautéing at home? (Exclude "Pam"-type spray) Real butter Margarine Olive oil Vegetable oil Veg. shortening Lard N/A 32. What kind of fat is usually used for baking COOKIES at home? Real butter Margarine Olive oil Vegetable oil Veg. shortening Lard N/A 33. What type of cooking oil is usually used at home? (e.g., Mazola Corn Oil) Specify brand and type 34. How often do you eat deep fried chicken, fish, shrimp, clams or onion rings away from home? 34. How often do you eat deep fried chicken, fish, shrimp, clams or onion rings away from home?				Nonfat 🔘	Low-fa	t (e oil	0	_	egetab	le oil				
29. Liver: beef, calf or pork (4 oz.) Never Less than 1/mo 1/mo 2-3/mo 1/week or more Liver: chicken or turkey (1 oz.) Never Less than 1/mo 1/mo 2-3/mo 1/week or more B 30. How often do you eat fried or sautéed food at home? (Exclude "Pam"-type spray) Less than once a week 1-3 times per week 4-6 times per week Daily 31. What kind of fat is usually used for frying and sautéing at home? (Exclude "Pam"-type spray) Real butter Margarine Olive oil Vegetable oil Veg. shortening Lard N/A 32. What kind of fat is usually used for baking COOKIES at home? Real butter Margarine Olive oil Vegetable oil Veg. shortening Lard N/A 33. What type of cooking oil is usually used at home? (e.g., Mazola Corn Oil) Specify brand and type 34. How often do you eat deep fried chicken, fish, shrimp, clams or onion rings away from home?				→												
Liver: chicken or turkey (1 oz.) Never Less than 1/mo 1/mo 2-3/mo 1/week or more 30. How often do you eat fried or sautéed food at home? (Exclude "Pam"-type spray) Less than once a week 1-3 times per week 4-6 times per week Daily 31. What kind of fat is usually used for frying and sautéing at home? (Exclude "Pam"-type spray) Real butter Margarine Olive oil Vegetable oil Veg. shortening Lard N/A 32. What kind of fat is usually used for baking COOKIES at home? Real butter Margarine Olive oil Vegetable oil Veg. shortening Lard N/A 33. What type of cooking oil is usually used at home? (e.g., Mazola Corn Oil) Specify brand and type 34. How often do you eat deep fried chicken, fish, shrimp, clams or onion rings away from home?												(
30. How often do you eat fried or sautéed food at home? (Exclude "Pam"-type spray) Less than once a week 1-3 times per week 4-6 times per week Daily 31. What kind of fat is usually used for frying and sautéing at home? (Exclude "Pam"-type spray) Real butter Margarine Olive oil Vegetable oil Veg. shortening Lard N/A 32. What kind of fat is usually used for baking COOKIES at home? Real butter Margarine Olive oil Vegetable oil Veg. shortening Lard N/A 33. What type of cooking oil is usually used at home? (e.g., Mazola Corn Oil) Specify brand and type 34. How often do you eat deep fried chicken, fish, shrimp, clams or onion rings away from home? 35. What type of cooking oil is usually used at home? (e.g., Mazola Corn Oil) Specify brand and type 36. 66. 66. 66. 66. 66. 66. 66. 66. 66.		-		_				\sim								
Less than once a week 1–3 times per week 4–6 times per week Daily 31. What kind of fat is usually used for frying and sautéing at home? (Exclude "Pam"-type spray) Real butter Margarine Olive oil Vegetable oil Veg. shortening Lard N/A 32. What kind of fat is usually used for baking COOKIES at home? Real butter Margarine Olive oil Vegetable oil Veg. shortening Lard N/A 33. What type of cooking oil is usually used at home? (e.g., Mazola Corn Oil) Specify brand and type 34. How often do you eat deep fried chicken, fish, shrimp, clams or onion rings away from home? 35. What type of cooking oil is usually used at home? (a) CAN (b) CAN (c) CAN (c) CAN (c) CAN (d) CAN (d) CAN (d) CAN (e.g., Mazola Corn Oil) Specify brand and type													ek or m	ore	\sim	
31. What kind of fat is usually used for frying and sautéing at home? (Exclude "Pam"-type spray) Real butter Margarine Olive oil Vegetable oil Veg. shortening Lard N/A 32. What kind of fat is usually used for baking COOKIES at home? Real butter Margarine Olive oil Vegetable oil Veg. shortening Lard N/A 33. What type of cooking oil is usually used at home? (e.g., Mazola Corn Oil) Specify brand and type 34. How often do you eat deep fried chicken, fish, shrimp, clams or onion rings away from home? 35. What type of cooking oil is usually used at home? (a) (a) (b) (b) (c) (c) (d) (d) (d) (d) (d) (d) (d) (d) (d) (d		-				nome?	•								30	
Real butter																
32. What kind of fat is usually used for baking COOKIES at home? Real butter Margarine Olive oil Vegetable oil Veg. shortening Lard N/A 33. What type of cooking oil is usually used at home? (e.g., Mazola Corn Oil) Specify brand and type 34. How often do you eat deep fried chicken, fish, shrimp, clams or onion rings away from home? 35. What kind of fat is usually used for baking COOKIES at home? (2 3 3 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4							_								31)	
Real butter Margarine Olive oil Vegetable oil Veg. shortening Lard N/A 33. What type of cooking oil is usually used at home? (e.g., Mazola Corn Oil) Specify brand and type 34. How often do you eat deep fried chicken, fish, shrimp, clams or onion rings away from home? 35. What type of cooking oil is usually used at home? (e.g., Mazola Corn Oil) Specify brand and type 36. 66. 67. 7									. snorte	ening	\bigcirc L	.ard	\bigcirc N	I/A	00	
33. What type of cooking oil is usually used at home? (e.g., Mazola Corn Oil) Specify brand and type 34. How often do you eat deep fried chicken, fish, shrimp, clams or onion rings away from home? 35. (AN) (5.6) (6.6) (6.7)			-		-				chart	nine		ord	O A	1//	\sim	
(e.g., Mazola Corn Oil) Specify brand and type (a) Corn Oil Specify brand and type (b) Corn Oil Specify brand and type (c) Corn Oil Specify brand and type (c) Corn Oil Specify brand and type (d) Corn Oil Specify brand and type		$\overline{}$) II	veg	. snorte	aning		.ard		I/A		\simeq
34. How often do you eat deep fried chicken, fish, shrimp, clams or onion rings away from home?							>									\simeq
									•			£	1	0		\simeq
		-	-			snrımp	-			_			nome	?		\simeq