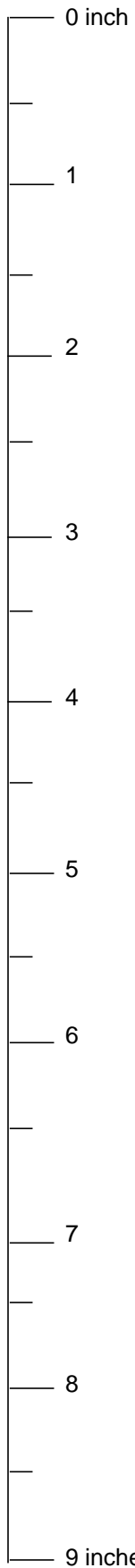
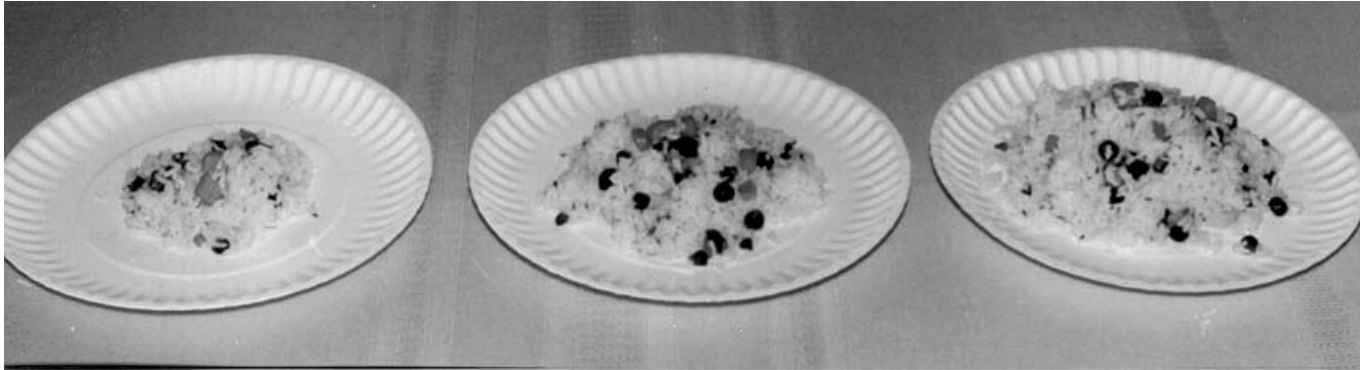


Some foods in the questionnaire ask you to refer to either photo A, B or C to help you estimate your usual serving size. Please note that the dinner plate is 9 inches wide. The ruler on the left will help you to estimate this size.



**A**



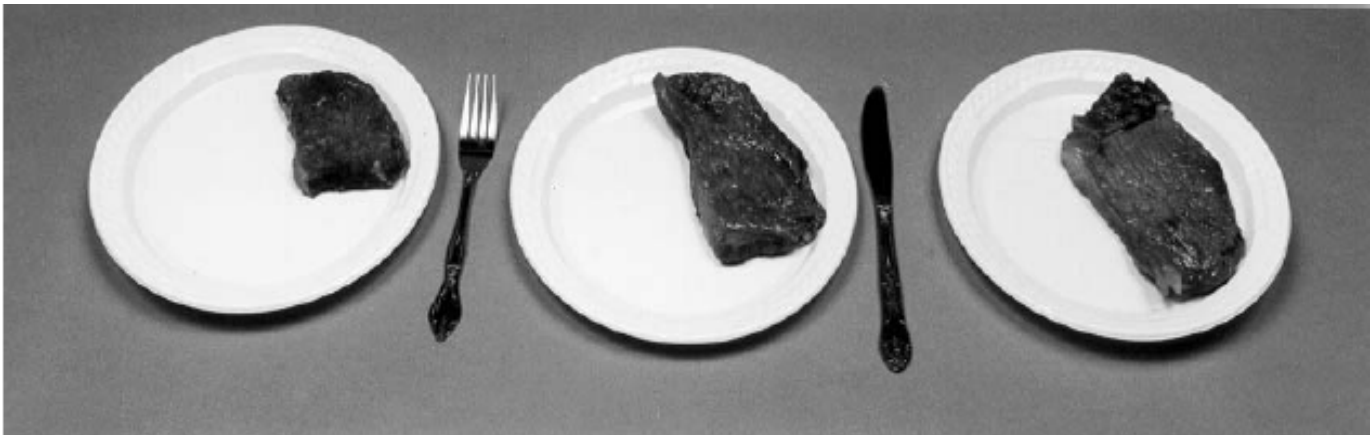
SMALL

MEDIUM

LARGE

Size of Dinner Plate Shown is 9 inches

**B**



SMALL

MEDIUM

LARGE

Size of Dinner Plate Shown is 9 inches

**C**



SMALL

MEDIUM

LARGE

Size of Dinner Plate Shown is 9 inches

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Today's date:





year



month



date

**BEVERAGES**

	How often? <i>Write in ONE column only</i>				Average Serving	Your Serving Size		
	Per Day	Per Week	Per Month	Per Year or Never		Less Than Average (small)	Average (medium)	More Than Average (large)
	Per Day	Per Week	Per Month	Per Year or Never		S	M	L
1. WHOLE MILK (HOMO) (as beverage or in cereal, but not in coffee or tea)	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	1 cup or 250 ml	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
2. 2% MILK (includes Lactaid) (as beverage or in cereal, but not in coffee or tea)	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	1 cup or 250 ml	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
3. 1% MILK (as beverage or in cereal, but not in coffee or tea)	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	1 cup or 250 ml	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
4. SKIM MILK (as beverage or in cereal, but not in coffee or tea)	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	1 cup or 250 ml	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
5. SOYA MILK (as beverage or in cereal, but not in coffee or tea)	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	1 cup or 250 ml	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
6. COFFEE, regular (brewed or instant)	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	1 cup or 250 ml	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
7. COFFEE, decaffeinated	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	1 cup or 250 ml	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
8. REGULAR TEA, hot or cold (Red Rose, Salada, Tetley) or CHINESE BLACK TEA (oolong)	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	1 cup or 250 ml	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
9. CHINESE GREEN TEA (herbal tea)	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	1 cup or 250 ml	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
10. MILK in Tea and Coffee								
Homo milk	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	2 tbsp or 30 ml	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
2%/1%	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	2 tbsp or 30 ml	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
Skim	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	2 tbsp or 30 ml	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>

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F M L

<b>BEVERAGES cont.</b>	How often? <i>Write in ONE column only</i>				Average Serving	Your Serving Size		
	Per Day	Per Week	Per Month	Per Year or Never		Less Than Average (small)	Average (medium)	More Than Average (large)
11. CREAM in Tea and Coffee					1 tbsp or 15 ml	S	M	L
Cream or Half & Half	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>				
Evaporated Milk	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	1 tbsp or 15 ml	S	M	L
Condensed Milk	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	1 tbsp or 15 ml	S	M	L
Non dairy creamer	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	1 tbsp or 15 ml	S	M	L
12. SUGAR or HONEY in Tea and Coffee	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	1 tsp or 1 pak	S	M	L
13. CHINESE HERBAL MEDICINE (Ginseng tea and any other)	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	1 cup or 250 ml	S	M	L
14. COLAS, non dietetic (Coca Cola, Pepsi)	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	1 can or 355 ml	S	M	L
15. OTHER SOFT DRINKS, non dietetic (7-Up)	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	1 can or 355 ml	S	M	L
16. DIET COLAS	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	1 can or 355 ml	S	M	L
17. ORANGE, GRAPEFRUIT JUICE	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	3/4 cup or 175 ml	S	M	L
18. APPLE, PINEAPPLE, OTHER JUICES	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	3/4 cup or 175 ml	S	M	L
19. FRUIT DRINK (iced tea, lemonade)	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	1 cup or 250 ml	S	M	L
20. VEGETABLE JUICE	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	3/4 cup or 175 ml	S	M	L
21. BEER, ALE	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	1 bottle or 355 ml	S	M	L
22. WHITE WINE	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	<input style="width: 30px; height: 20px;" type="text"/>	5 oz or 150 ml	S	M	L

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F M L

<b>BEVERAGES cont.</b>	How often? <i>Write in ONE column only</i>				Average Serving	Your Serving Size		
	Per Day	Per Week	Per Month	Per Year or Never		Less Than Average (small)	Average (medium)	More Than Average (large)
	□ □	□ □	□ □	□ □		□	□	□
23. RED WINE, SHERRY, PORT	□ □	□ □	□ □	□ □	5 oz or 150 ml	□ S	□ M	□ L
24. SPIRITS, Liquor only	□ □	□ □	□ □	□ □	1.5 oz or 45 ml	□ S	□ M	□ L
<b>DAIRY PRODUCTS</b>								
25. EGG, boiled, steamed, poached (not part of mixed dishes)	□ □	□ □	□ □	□ □	1 egg	□ S	□ M	□ L
26. EGG, stir-fried, scrambled (not part of mixed dishes)	□ □	□ □	□ □	□ □	1 egg	□ S	□ M	□ L
27. CHEESE, regular fat, CREAM CHEESE	□ □	□ □	□ □	□ □	1 slice or 2 tbsp	□ S	□ M	□ L
28. CHEESE, part-skim	□ □	□ □	□ □	□ □	1 slice or 30 gm	□ S	□ M	□ L
29. COTTAGE or RICOTTA CHEESE	□ □	□ □	□ □	□ □	1/2 cup or 125 ml	□ S	□ M	□ L
30. YOGURT, plain, regular fat	□ □	□ □	□ □	□ □	3/4 cup or 175 ml	□ S	□ M	□ L
31. YOGURT, Buttermilk, plain, low fat	□ □	□ □	□ □	□ □	3/4 cup or 175 ml	□ S	□ M	□ L
32. YOGURT, fruit flavored	□ □	□ □	□ □	□ □	3/4 cup or 175 ml	□ S	□ M	□ L

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	How often? <i>Write in ONE column only</i>				Average Serving	Your Serving Size		
	Per Day	Per Week	Per Month	Per Year or Never		Less Than Average (small)	Average (medium)	More Than Average (large)
<b>SOUPS</b>								
33. SOUP, NO NOODLES, with vegetables (may include egg, poultry or fish)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 bowl or 250 ml	S	M	L
34. SOUP, WITH NOODLES, with vegetables (may include egg, poultry or fish), Won Ton Soup	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 bowl or 250 ml	S	M	L
35. FISH SOUP	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 bowl or 250 ml	S	M	L
36. CHINESE MELON SOUP, WINTER MELON SOUP	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 bowl or 250 ml	S	M	L
37. CANNED SOUP, CREAMED (cream of mushroom, of chicken)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 bowl or 250 ml	S	M	L
38. CANNED SOUP, NOT CREAMED (tomato, chicken noodle)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 bowl or 250 ml	S	M	L

**BREADS, NOODLES, CEREALS AND RICE**

39. WHITE BREAD, MAN TOU (Chinese steamed bun, no filling)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 slice or bun 2 1/2' x 1/2'	S	M	L
40. WHOLE WHEAT BREAD, 100% (includes dark rye)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 slice	S	M	L
41. WHOLE WHEAT BREAD, 60% (includes light rye)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 slice	S	M	L
42. BREAD ROLLS (white flour), kaisers, bagels, hamburger/ hot dog buns	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 medium	S	M	L
43. BREAD ROLLS (whole wheat), kaisers, bagels	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 medium	S	M	L
44. BUTTER on breads	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 tsp or 1 pat	S	M	L
45. MARGARINE on breads	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 tsp or 1 pat	S	M	L

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**BREADS, NOODLES, CEREALS AND RICE cont.**

How often?  
*Write in ONE column only*

Average Serving

Your Serving Size

Less Than Average (small)	Average (medium)	More Than Average (large)
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Per Day	Per Week	Per Month	Per Year or Never
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46. FRIED NOODLES OR CHOW MEIN (Shanghai, Cantonese-style, rice noodles, vermicelli) WITH MEAT AND VEGETABLES	□□	□□	□□	□□	photo B, medium	□ S	□ M	□ L
47. FRIED NOODLES OR CHOW MEIN (Shanghai, Cantonese-style, rice noodles, vermicelli) WITH SEAFOOD AND VEGETABLES	□□	□□	□□	□□	photo B, medium	□ S	□ M	□ L
48. SPAGHETTI, MACARONI WITH TOMATO SAUCE, no meat	□□	□□	□□	□□	photo B, medium	□ S	□ M	□ L
49. SPAGHETTI, MACARONI WITH CREAM SAUCE, no meat	□□	□□	□□	□□	photo B, medium	□ S	□ M	□ L
50. SPAGHETTI, MACARONI WITH CHEESE/MEAT	□□	□□	□□	□□	photo B, medium	□ S	□ M	□ L
51. PIZZA, no meat	□□	□□	□□	□□	1 medium slice	□ S	□ M	□ L
52. PIZZA, with meat	□□	□□	□□	□□	1 medium slice	□ S	□ M	□ L
53. RICE, plain, steamed or boiled; STICKY RICE	□□	□□	□□	□□	photo A, medium	□ S	□ M	□ L
54. FRIED RICE or CHOW FUN (plain, with egg, meat or seafood)	□□	□□	□□	□□	photo A, medium	□ S	□ M	□ L
55. RICE CONGEE (may include meat, poultry, fish or vegetables)	□□	□□	□□	□□	2 cups or 500 ml	□ S	□ M	□ L
56. BRAN/GRANOLA CEREALS Specify usual brand:  _____	□□	□□	□□	□□	3/4 cup or 175 ml	□ S	□ M	□ L
57. WHOLE WHEAT CEREALS (such as Shreddies) Specify usual brand:  _____	□□	□□	□□	□□	1 cup or 250 ml	□ S	□ M	□ L

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<b>BREADS, NOODLES, CEREALS AND RICE cont.</b>	How often? <i>Write in ONE column only</i>				Average Serving	Your Serving Size		
	Per Day	Per Week	Per Month	Per Year or Never		Less Than Average (small)	Average (medium)	More Than Average (large)
58. SUGAR COATED CEREALS (Frosted Flakes, Fruit Loops) Specify usual brand:  _____	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	1 cup or 250 ml	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
59. NO SUGAR CEREALS (Corn Flakes, Rice Krispies) Specify usual brand:  _____	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	1 cup or 250ml	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
60. COOKED CEREALS (porridge, oatmeal, dalia, bulgar) Specify usual brand:  _____	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	1 cup or 250ml	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
61. SUGAR on cereal (white, brown)	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	1 tsp	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
62. CRACKERS (soda or snack type)	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	2 crackers	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
<b>MIXED DISHES WITHOUT NOODLES</b>								
63. STIR-FRIED PORK or BEEF with vegetables	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	photo C, medium	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
64. STIR-FRIED CHICKEN with vegetables	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	photo C, medium	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
65. STIR-FRIED SHRIMP, SEAFOOD or FISH CAKE with vegetables	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	photo C, medium	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
66. MEAT STEW (pork or beef) with vegetables	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	photo C, medium	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>

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	How often? <i>Write in ONE column only</i>				Average Serving	Your Serving Size		
	Per Day	Per Week	Per Month	Per Year or Never		Less Than Average (small)	Average (medium)	More Than Average (large)
<b>MEAT AND POULTRY</b>								
67. PORK, only (as pork chop, BBQ, shredded, roasted, breaded, pan fried, boiled, ground)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	photo D, medium	S	M	L
68. DEEP FRIED PORK, Zha	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	2 ounces or 60 grams	S	M	L
69. PORK SKIN, PIGS FEET, PIGS KNUCKLES, PIGS HOCKS	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	2 ounces or 60 grams	S	M	L
70. SPARERIBS	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	5 ribs 3" long or 60 grams	S	M	L
71. BEEF, VEAL or LAMB/MUTTON (as steak, roast, hamburger)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	photo D, medium	S	M	L
72. MEATBALLS (pork or beef)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	5 balls or 3 ounces or 90 grams	S	M	L
73. CHICKEN, only (as BBQ, roast, steamed, chicken legs)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	photo D, medium	S	M	L
74. FRIED CHICKEN, (includes chicken nuggets), Zha Ji Kuai	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	photo D, medium	S	M	L
75. CHICKEN WINGS (includes turkey wings, duck wings)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	3 wings	S	M	L
76. DUCK, GOOSE, only (as steamed, BBQ, fried)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	photo D, medium	S	M	L
77. LIVER, chicken, pork or beef	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	2 ounces or 60 grams	S	M	L
78. INTERNAL ORGANS (brain, intestines, kidneys, stomach)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	2 ounces or 60 grams	S	M	L



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	How often? <i>Write in ONE column only</i>				Average Serving	Your Serving Size		
	Per Day	Per Week	Per Month	Per Year or Never		Less Than Average (small)	Average (medium)	More Than Average (large)
	□ □	□ □	□ □	□ □		□	□	□
<b>FISH AND SEAFOOD</b>								
79. FRESH FISH, FISH MEAT, steamed, baked, poached	□ □	□ □	□ □	□ □	photo D, medium	□ S	□ M	□ L
80. CANNED FISH, tuna, salmon	□ □	□ □	□ □	□ □	1/2 can or 50 gm	□ S	□ M	□ L
81. FRIED FISH, (as battered breaded, fish cake, fish ball)	□ □	□ □	□ □	□ □	photo D, medium or 5 fish sticks	□ S	□ M	□ L
82. SHELLFISH, (clams, shrimp, oyster, crab, squid, prawns) boiled, steamed or stir fried	□ □	□ □	□ □	□ □	2 ounces 60 grams	□ S	□ M	□ L
83. FRIED SHRIMP AND OTHER SHELLFISH	□ □	□ □	□ □	□ □	4 large or 60 grams	□ S	□ M	□ L
<b>PRESERVED OR PROCESSED FOODS</b>								
84. HAM (smoked, bacon, Canadian bacon, luncheon ham)	□ □	□ □	□ □	□ □	1 slice (about 30 gm)	□ S	□ M	□ L
85. LUNCH MEAT (salami, pastrami, bologna, corned beef)	□ □	□ □	□ □	□ □	1 slice (about 30 gm)	□ S	□ M	□ L
86. SAUSAGES, such as hot dogs, links (pork or chicken)	□ □	□ □	□ □	□ □	1 hot dog or 2 links	□ S	□ M	□ L
87. SALTED PORK	□ □	□ □	□ □	□ □	1 ounce or 30 grams	□ S	□ M	□ L
88. SALTED FISH	□ □	□ □	□ □	□ □	1 ounce or 30 grams	□ S	□ M	□ L
89. DRIED FISH AND SEAFOOD (dried shrimp, squid, scallop)	□ □	□ □	□ □	□ □	1 ounce or 30 grams	□ S	□ M	□ L
90. PRESERVED EGG, salted egg, black egg or thousand year old egg	□ □	□ □	□ □	□ □	1 egg	□ S	□ M	□ L
91. SALTED VEGETABLES, (mui choi, perserved mustard, radish or other)	□ □	□ □	□ □	□ □	1/4 cup or 60 ml	□ S	□ M	□ L
92. PICKLES in brine (dills, relish, cucumber, radish, ginger root)	□ □	□ □	□ □	□ □	1/2 dill or 1 tbsp	□ S	□ M	□ L

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		How often?				Average Serving	Your Serving Size		
		<i>Write in ONE column only</i>					Less Than Average (small)	Average (medium)	More Than Average (large)
		Per Day	Per Week	Per Month	Per Year or Never				
<b>DIM SUM</b>									
93.	FRIED SPRING ROLL, EGG ROLL, WON TON	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 roll 4" x 1 1/2" or 4-5 won ton	<input type="text"/>	<input type="text"/>	<input type="text"/>
94.	STEAMED CHINESE BUN with pork, beef or chicken	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 bun 2 1/2" long	<input type="text"/>	<input type="text"/>	<input type="text"/>
95.	STEAMED CHINESE DUMPLING plain, pork, chicken or shrimp-filled, Shao-Mai	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 dumpling 2 1/2" long	<input type="text"/>	<input type="text"/>	<input type="text"/>
96.	RICE FLOUR TUBES, CHUEN FUN, pork, beef or shrimp-filled	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	8" long x 1" wide	<input type="text"/>	<input type="text"/>	<input type="text"/>
97.	RICE FLOUR TUBES, CHUEN FUN, vegetable-filled	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	8" long x 1" wide	<input type="text"/>	<input type="text"/>	<input type="text"/>
98.	STEAMED LOTUS LEAF RICE pork or chicken-filled, Ba bao fan	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 cup or 250 ml	<input type="text"/>	<input type="text"/>	<input type="text"/>
99.	STEAMED BEEF BALLS with water chestnuts, pork balls	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	2 balls, 1" diameter	<input type="text"/>	<input type="text"/>	<input type="text"/>
100.	DEEP-FRIED TARO CAKE with pork or meat filling, Deep-fried meat dumplings	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 cake, 1" wide 3" long	<input type="text"/>	<input type="text"/>	<input type="text"/>
101.	RED BEAN CAKE, steamed or fried, Red Bean Porridge, Fried Sesame Balls, Glutinous Rice Balls	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 piece, 1" high 2 1/2" diameter	<input type="text"/>	<input type="text"/>	<input type="text"/>
102.	CHINESE PASTRY, cream-filled EGG TART or CUSTARD	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 medium, 3" diameter	<input type="text"/>	<input type="text"/>	<input type="text"/>
103.	STEAMED CHINESE SWEET BUN with bean paste, dates, lotus or sesame seed	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	2 1/2" long	<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>TOFU /BEAN CURD/FOO JOOK</b>									
104.	BEAN CURD, no vegetables, no meat, by itself or in soup	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1/2 cup or 125 ml	<input type="text"/>	<input type="text"/>	<input type="text"/>
105.	STIR-FRIED BEAN CURD with pork or beef	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	photo C medium	<input type="text"/>	<input type="text"/>	<input type="text"/>

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	Per Day	Per Week	Per Month	Per Year or Never		Less Than Average (small)	Average (medium)	More Than Average (large)
<b>TOFU /BEAN CURD FOO JOOK cont.</b>								
106. STIR-FRIED BEAN CURD with chicken, turkey or fish	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	photo C medium	<input type="text"/>	<input type="text"/>	<input type="text"/>
107. STIR-FRIED BEAN CURD with vegetables only	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	photo C medium	<input type="text"/>	<input type="text"/>	<input type="text"/>
108. PAN OR DEEP FRIED BEAN CURD in mixed dishes	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1/2 cup or 125 ml	<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>VEGETABLES</b>								
109. BROCCOLI (includes Chinese broccoli), Kai lan, Fai lan	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1/2 cup or 125 ml	<input type="text"/>	<input type="text"/>	<input type="text"/>
110. CHOI SUM	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1/2 cup or 125 ml	<input type="text"/>	<input type="text"/>	<input type="text"/>
111. BOK CHOY, Shanghai choy, Tai bak choy	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1/2 cup or 125 ml	<input type="text"/>	<input type="text"/>	<input type="text"/>
112. DARK LEAFY GREENS (such as spinach, tang choy, mustard, turnip or beet greens, Empty Stem Vegetable)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1/2 cup or 125 ml	<input type="text"/>	<input type="text"/>	<input type="text"/>
113. LETTUCE and CHINESE LETTUCE	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1/2 cup or 125 ml	<input type="text"/>	<input type="text"/>	<input type="text"/>
114. BITTER MELON, CUCUMBER	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1/2 cup or 125 ml	<input type="text"/>	<input type="text"/>	<input type="text"/>
115. GREEN BEANS, STRING BEANS, SNOW PEAS	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1/2 cup or 125 ml	<input type="text"/>	<input type="text"/>	<input type="text"/>
116. OTHER VEGETABLES, (celery, bean sprouts, green pepper, okra)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1/2 cup or 125 ml	<input type="text"/>	<input type="text"/>	<input type="text"/>
117. CHINESE MUSHROOMS, fresh, canned or dried (po ku, straw, shitake, oyster)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1/4 cup or 60 ml	<input type="text"/>	<input type="text"/>	<input type="text"/>
118. CAULIFLOWER	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1/2 cup or 125 ml	<input type="text"/>	<input type="text"/>	<input type="text"/>

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	Per Day	Per Week	Per Month	Per Year or Never		Less Than Average (small)	Average (medium)	More Than Average (large)
						S	M	L
<b>VEGETABLES cont.</b>								
119. CORN, fresh, frozen, canned	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	or 1/2 cup or 125 ml	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
120. CARROTS, raw or boiled	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	1/2 cup or 125 ml	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
121. PUMPKIN or YELLOW - ORANGE SQUASH, YAMS (includes in pies or soups)	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	1/2 cup or 125 ml	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
122. OTHER VEGETABLES (includes white or summer squash, eggplant, zucchini)	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	1/2 cup or 125 ml	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
123. TOMATO, fresh (includes cherry tomatoes)	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	1 medium or 6-7 cherry	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
124. CABBAGE (includes Chinese or Nappa cabbage, Brussels sprouts)	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	1/2 cup or 125 ml	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
125. ONIONS, all types (includes green onion)	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	1 small or	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
126. CHINESE CHIVES and FLOWERING CHINESE CHIVES, Gow choy	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	1/4 cup or 60 ml	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
127. POTATOES, baked, boiled or mashed (alone or in mixed dishes)	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	1 medium or 1/2 cup	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
128. FRIED POTATOES, FRENCH FRIES	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	1 cup or small McDonald's	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
129. TURNIP, DAIKON, LOBOK, LUOBO, RADISH, LOTUS ROOT	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	1/2 cup or 125 ml	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
130. DRIED BEANS, PEAS, boiled	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	1/2 cup or 125 ml	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
131. SALAD DRESSING, oil-vinegar type	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	1 tbsp or 15 ml	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
132. SALAD DRESSING, creamy-type	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	1 tbsp or 15 ml	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>

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	Per Day	Per Week	Per Month	Per Year or Never		Less Than Average (small)	Average (medium)	More Than Average (large)
	FRUITS							
133. APPLE, PEAR	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	1 medium	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
134. CITRUS FRUITS (orange, tangerine, mandarin orange, grapefruit)	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	1 orange or 2 mandarins or 1/2 grapefruit	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
135. BANANA	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	1 medium	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
136. GRAPES	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	1/2 cup or 125 ml	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
137. BERRIES (strawberries, raspberries)	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	1/2 cup or 125 ml	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
138. PEACH, PLUM, NECTARINE	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	1 medium peach or 1 large plum	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
139. CANTELOUPE	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	1 slice or 1/2 cup	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
140. WATERMELON, HONEYDEW Chinese watermelon	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	1 wedge or 1 cup or 250 ml	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
141. DRAGON EYE FRUIT, LONGAN, LYCHEE	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	4 lychee	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
142. MANGO, PAPAYA, PERSIMMON	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	1/2 mango or 1 persimmon	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
143. JACKFRUIT	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	1 wedge or 1 cup or 250 ml	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
144. ALL OTHER FRUIT (such as pineapple, kiwi, carambola)	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	1/2 cup or 1 large kiwi	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
145. CANNED FRUIT	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	1/2 cup or 125 ml	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
146. DRIED FRUIT (such as raisins, dates)	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	1 tbsp raisins or 2 dates	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>

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<b>DESSERTS AND SNACKS</b>	How often? <i>Write in ONE column only</i>				Average Serving	Your Serving Size		
	Per Day	Per Week	Per Month	Per Year or Never		Less Than Average (small)	Average (medium)	More Than Average (large)
						S	M	L
147. CAKES	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	1 slice or 2" x 4" x 1"	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
148. MUFFINS (bran, oat, fruit, fruit breads)	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	1 small or 1/2 large	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
149. DOUGHNUTS, SWEET ROLLS	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	1 doughnut or 1 sweet roll	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
150. ICE CREAM	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	1/2 cup or 125 ml	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
151. PIES AND TARTS, danish	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	1 slice or 1/6 pie	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
152. COOKIES, CHINESE SWEET BISCUITS	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	1 cookie	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
153. CHOCOLATE (includes chocolate candy, bar)	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	1 small-size bar or 45 gm or 5 chocolates	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
154. CANDY, no chocolate	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	2 candies	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
155. SWEET GLUTINOUS RICE PUDDING (Nor mei)	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	1/2 cup or 125 ml	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
<b>MISCELLANEOUS</b>								
156. PEANUT BUTTER	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	1 tbsp or 15 ml	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
157. JAM, SYRUP, HONEY (not used in beverages)	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	1 tsp or 5 ml	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
158. GRAVY	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	1 tbsp or 15ml	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
159. KETCHUP, BARBECUE SAUCE	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	1 tbsp or 15ml	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
160. SOY SAUCE, BLACK BEAN SAUCE (in cooking or added to food)	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	1 tsp or 5 ml	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>
161. OYSTER, FISH or SHRIMP SAUCE (in cooking or added to food)	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	1 tsp or 5 ml	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>	<input style="width: 20px; height: 20px;" type="text"/>

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MISCELLANEOUS cont.	How often? Write in ONE column only				Average Serving	Your Serving Size		
	Per Day	Per Week	Per Month	Per Year or Never		Less Than Average (small)	Average (medium)	More Than Average (large)
162. MAYONNAISE on sandwiches	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 tbsp or 15 ml	<input type="text"/>	<input type="text"/>	<input type="text"/>
163. NUTS such as peanuts, almonds	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	2 tbsp or 30 ml	<input type="text"/>	<input type="text"/>	<input type="text"/>
164. CRISP SNACKS (popcorn, potato chips, nachos)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1/2 cup or 125 ml	<input type="text"/>	<input type="text"/>	<input type="text"/>
165. GINGER	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1/2 tsp	<input type="text"/>	<input type="text"/>	<input type="text"/>
166. FRESH GARLIC	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1/2 tsp	<input type="text"/>	<input type="text"/>	<input type="text"/>
167. CHILIES, green, red	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 small	<input type="text"/>	<input type="text"/>	<input type="text"/>
168. ADDED SALT AT TABLE on raw or cooked dishes	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	2 sprinkles	<input type="text"/>	<input type="text"/>	<input type="text"/>
169. SUGAR SUBSTITUTES (such as Equal, Nutrasweet)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 pak or 1 tablet	<input type="text"/>	<input type="text"/>	<input type="text"/>

FOR THE FOLLOWING QUESTIONS, PLEASE MARK X IN THE BOX THAT BEST DESCRIBES YOUR ANSWER

1. Are you a (Please mark one box only):

- Non-vegetarian (eats **ALL** meat, chicken and fish)
- Vegan (eats **NO** meat, **NO** chicken, **NO** fish, **NO** milk/dairy foods, **NO** eggs)
- Lacto-vegetarian (eats milk/dairy foods, but **NO** meat, **NO** chicken, **NO** fish, **NO** eggs)
- Lacto-ovo vegetarian (eats milk/dairy foods and eggs, but **NO** meat, **NO** chicken, **NO** fish)
- Semi-vegetarian (eats meat occasionally)
- Vegetarian who eats chicken and fish, but **NO** meat

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2. How much of the visible fat on the meats do you eat? *(Please mark one box only):*

- most of it
- some of it
- as little as possible
- do not eat meat

3. How often do you eat the skin on chicken? *(Please mark one box only):*

- always
- often
- sometimes
- never
- do not eat chicken

4. What kind of fat do you usually use for stir-frying? *(Please mark one box only):*

- vegetable oil                       pure ghee or butter                       do not stir-fry
- vegetable shortening or vegetable ghee                       other, please specify: \_\_\_\_\_

5. What kind of fat do you usually use for deep-frying? *(Please mark one box only):*

- vegetable oil     pure ghee or butter
- vegetable shortening or vegetable ghee     other, please specify: \_\_\_\_\_
- do not deep-fry

6. What kind of fat do you usually use for baking? *(Please mark one box only):*

- butter                       vegetable shortening or vegetable ghee
- margarine                       pure ghee     do not bake
- vegetable oil                       other, please specify: \_\_\_\_\_



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7. What type of oil do you usually use? (Mark all that apply):

corn oil

sunflower oil

vegetable oil

canola oil

soybean oil

mustard oil

peanut oil

olive oil

sesame oil or Til

coconut oil

other, please specify: \_\_\_\_\_

8. How often do you eat fried foods? (Please mark one box only):

At homeAway from home


daily

daily

4-6 times per week

4-6 times per week

1-3 times per week

1-3 times per week

less than 1 per week

less than 1 per week

9. How often do you eat fresh fruits and vegetables? (Please mark one box only):

more than 6 servings per day

2-4 servings per day

5-6 servings per day

less than 1 serving per day

10. How often do you eat "take out" or meals away from home? (Please mark one box only):

daily

1-3 times per week

4-6 times per week

less than 1 per week

11. How often do you use coconut oil in cooking or coconut milk (liquid removed from shredded coconut which has been soaked in water)?

often

sometimes

never

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12. What type of the following items do you use? (Please mark one box per line):

butter	<input type="checkbox"/>	regular	<input type="checkbox"/>	light	<input type="checkbox"/>	both	<input type="checkbox"/>	none
margarine	<input type="checkbox"/>	regular	<input type="checkbox"/>	light	<input type="checkbox"/>	both	<input type="checkbox"/>	none
mayonnaise	<input type="checkbox"/>	regular	<input type="checkbox"/>	light	<input type="checkbox"/>	both	<input type="checkbox"/>	none
cream cheese	<input type="checkbox"/>	regular	<input type="checkbox"/>	light	<input type="checkbox"/>	both	<input type="checkbox"/>	none
salad dressing	<input type="checkbox"/>	regular	<input type="checkbox"/>	calorie-wise	<input type="checkbox"/>	both	<input type="checkbox"/>	none
sour cream	<input type="checkbox"/>	regular	<input type="checkbox"/>	light	<input type="checkbox"/>	both	<input type="checkbox"/>	none

13. VITAMINS

During the last year, did you take any of the following multivitamins or multivitamins with minerals?

If no, put an **X** in the box NONE and continue to the next item.

If yes, please write the brand name, if known, the number of **pills** taken **per week** (mark X) and the number of **years** and **months** that you took them in the past.

VITAMINS/SUPPLEMENTS	None	More than 7 per week	7 per week	3-5 per week	1-2 per week	How long taken in years and months?
Multiple vitamins, no minerals						
Brand: _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input style="width: 40px; height: 20px; border: 1px solid black;" type="text"/> yrs <input style="width: 40px; height: 20px; border: 1px solid black;" type="text"/> mo
Multiple plus iron						
Brand: _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input style="width: 40px; height: 20px; border: 1px solid black;" type="text"/> yrs <input style="width: 40px; height: 20px; border: 1px solid black;" type="text"/> mo
Multiple plus minerals/iron						
Brand: _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input style="width: 40px; height: 20px; border: 1px solid black;" type="text"/> yrs <input style="width: 40px; height: 20px; border: 1px solid black;" type="text"/> mo
B complex:						
Brand: _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input style="width: 40px; height: 20px; border: 1px solid black;" type="text"/> yrs <input style="width: 40px; height: 20px; border: 1px solid black;" type="text"/> mo
Brewer's yeast	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input style="width: 40px; height: 20px; border: 1px solid black;" type="text"/> yrs <input style="width: 40px; height: 20px; border: 1px solid black;" type="text"/> mo
Cod liver or halibut oil	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input style="width: 40px; height: 20px; border: 1px solid black;" type="text"/> yrs <input style="width: 40px; height: 20px; border: 1px solid black;" type="text"/> mo

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**Do not include your intake of multivitamins for the following.** For each item, please mark (X) the number of **pills** taken **per week**, the number of **years** or **months** that you took them in the past and the **strength** you currently take (for example, 500 mg of Vitamin C),

	None	More than 7 per week	7 per week	3-5 per week	1-2 per week	How long taken in years and months?
Vitamin C only	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/> <input type="text"/> yrs <input type="text"/> <input type="text"/> mo
<input type="checkbox"/> 250 mg or less						
<input type="checkbox"/> 500						
<input type="checkbox"/> 1,000						
<input type="checkbox"/> 1,500 or more						
Iron only	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/> <input type="text"/> yrs <input type="text"/> <input type="text"/> mo
<input type="checkbox"/> 50 mg or less						
<input type="checkbox"/> 100						
<input type="checkbox"/> 200						
<input type="checkbox"/> 300 or more						
Calcium only	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/> <input type="text"/> yrs <input type="text"/> <input type="text"/> mo
<input type="checkbox"/> 500 mg or less						
<input type="checkbox"/> 1,000						
<input type="checkbox"/> 1,500						
<input type="checkbox"/> 2,000 or more						
Magnesium only	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/> <input type="text"/> yrs <input type="text"/> <input type="text"/> mo
<input type="checkbox"/> 100 mg or less						
<input type="checkbox"/> 200						
<input type="checkbox"/> 300 or more						

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**VITAMINS/SUPPLEMENTS  
cont.**

None    More than 7 per week    7 per week    3-5 per week    1-2 per week

How long taken in years and months?

Selenium only                          yrs      mo

50 ug or less

100

150

200 or more

Zinc only                          yrs      mo

20 mg or less

50

75

100 or more

14. Other health or nutritional products (example, ginseng) *Please specify:*

Garlic pills                          yrs      mo

Metamucil, psyllium, Isabgol                          yrs      mo

**NAME OF ITEM**

More than 7 per week    7 per week    3-5 per week    1-2 per week

How long taken in years and months?

\_\_\_\_\_                      yrs      mo

\_\_\_\_\_                      yrs      mo

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NAME OF ITEM	More than 7 per week	7 per week	3-5 per week	1-2 per week	How long taken in years and months?
_____	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/> yrs <input type="text"/> mo
_____	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/> yrs <input type="text"/> mo
_____	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/> yrs <input type="text"/> mo
_____	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/> yrs <input type="text"/> mo

**Other FOODS or BEVERAGES consumed frequently**

How often?  
*Write in ONE column only*

Average  
Serving

Your Serving Size

	How often? <i>Write in ONE column only</i>				Average Serving	Your Serving Size		
	Per Day	Per Week	Per Month	Per Year or Never		Less Than Average (small)	Average (medium)	More Than Average (large)
1. _____	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
2. _____	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
3. _____	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
4. _____	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
5. _____	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
6. _____	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
7. _____	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
8. _____	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
9. _____	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
10. _____	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

**THANK YOU FOR YOUR HELP AND PARTICIPATION IN THE ALLIANCE FOR HEALTHY HEARTS & MIND.**