



Alliance 182

Plate #221

Visit #002

Cohort #

MR centre #

Participant #

Participant Initials

F M L

Today's date:

year

month

date

BEVERAGES

	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)
1. WHOLE MILK (HOMO) (as beverage or in cereal, but not in coffee or tea)	<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"/>
2. 2% MILK (includes Lactaid) (as beverage or in cereal, but not in coffee or tea)	<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"/>
3. 1% MILK (as beverage or in cereal, but not in coffee or tea)	<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"/>
4. SKIM MILK (as beverage or in cereal, but not in coffee or tea)	<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"/>
5. COFFEE, regular (brewed or instant)	<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"/>
6. COFFEE, decaffeinated	<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"/>
7. TEA, regular (Red Rose, Salada)	<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"/>
8. MILK in Tea and Coffee Please mark type:								
Homo milk	<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"/>
2%/1%	<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"/>
Skim	<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"/>
9. CREAM in Tea and Coffee Please mark type:								
Coffee cream 1 tbsp	<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"/>
Half & Half	<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"/>
Non dairy creamer	<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"/>



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F M L

BEVERAGES cont.

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	Per Day	Per Week	Per Month	Per Year or Never		Less Than Average (small)	Average (medium)	More Than Average (large)
10. SUGAR or HONEY in Tea and Coffee	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 tsp or 1 pack	<input type="text"/>	<input type="text"/>	<input type="text"/>
11. COLAS, non dietetic (Coca Cola, Pepsi)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 can or 355 ml	<input type="text"/>	<input type="text"/>	<input type="text"/>
12. OTHER SOFT DRINKS, non dietetic (7-Up)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 can or 355 ml	<input type="text"/>	<input type="text"/>	<input type="text"/>
13. DIET COLAS	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 can or 355 ml	<input type="text"/>	<input type="text"/>	<input type="text"/>
14. ORANGE, GRAPEFRUIT JUICE	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	3/4 cup or 175 ml	<input type="text"/>	<input type="text"/>	<input type="text"/>
15. APPLE, GRAPE JUICE	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	3/4 cup or 175 ml	<input type="text"/>	<input type="text"/>	<input type="text"/>
16. OTHER JUICES (pineapple, cranberry)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	3/4 cup or 175 ml	<input type="text"/>	<input type="text"/>	<input type="text"/>
17. FRUIT DRINK (iced tea, lemonade)	<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"/>
18. VEGETABLE JUICE	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	3/4 cup or 175 ml	<input type="text"/>	<input type="text"/>	<input type="text"/>
19. CHOCOLATE MILK, HOT CHOCOLATE	<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"/>
20. MILK SHAKE	<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"/>
21. YOGURT DRINK	<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"/>
22. BEER, ALE	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 bottle or 355 ml	<input type="text"/>	<input type="text"/>	<input type="text"/>
23. WHITE WINE	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	5 oz or 150 ml	<input type="text"/>	<input type="text"/>	<input type="text"/>



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						(small)	(medium)	(large)
24. RED WINE, SHERRY, PORT	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	5 oz or 150 ml	<input type="text"/>	<input type="text"/>	<input type="text"/>
25. SPIRITS, Liquor only	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1.5 oz or 45 ml	<input type="text"/>	<input type="text"/>	<input type="text"/>

DAIRY PRODUCTS

26. EGG, boiled, poached	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 egg	<input type="text"/>	<input type="text"/>	<input type="text"/>
27. EGG, fried, scrambled, omelette	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 egg	<input type="text"/>	<input type="text"/>	<input type="text"/>
28. COTTAGE or RICOTTA CHEESE	<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"/>
29. CREAM CHEESE	<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"/>
30. CHEESE, regular fat, natural and processed	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 slice or 30 gm	<input type="text"/>	<input type="text"/>	<input type="text"/>
31. CHEESE, part-skim natural and processed	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 slice or 30 gm	<input type="text"/>	<input type="text"/>	<input type="text"/>
32. SOUR CREAM, WHIPPING CREAM	<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"/>
33. YOGURT, plain, regular fat	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	3/4 cup or 175 ml	<input type="text"/>	<input type="text"/>	<input type="text"/>
34. YOGURT, plain, low fat	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	3/4 cup or 175 ml	<input type="text"/>	<input type="text"/>	<input type="text"/>
35. YOGURT, fruit-flavored, regular fat	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	3/4 cup or 175 ml	<input type="text"/>	<input type="text"/>	<input type="text"/>
36. YOGURT, fruit-flavored, lowfat	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	3/4 cup or 175 ml	<input type="text"/>	<input type="text"/>	<input type="text"/>



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MIXED DISHES, PIZZA AND PASTA								
37. SOUP, creamed	<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"/>
38. SOUP, not creamed	<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"/>
39. PIZZA, no meat	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 medium slice	<input type="text"/>	<input type="text"/>	<input type="text"/>
40. PIZZA, with meat	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 medium slice	<input type="text"/>	<input type="text"/>	<input type="text"/>
41. MACARONI, SPAGHETTI, boiled	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	photo A, medium (1 cup)	<input type="text"/>	<input type="text"/>	<input type="text"/>
42. PASTA WITH TOMATO SAUCE, no meat	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	photo A, medium (1 cup)	<input type="text"/>	<input type="text"/>	<input type="text"/>
43. PASTA WITH CREAM SAUCE, no meat	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	photo A, medium (1 cup)	<input type="text"/>	<input type="text"/>	<input type="text"/>
44. PASTA WITH CHEESE/MEAT	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	photo A, medium (1 cup)	<input type="text"/>	<input type="text"/>	<input type="text"/>
45. MEAT STEW with carrots, potato, other vegetables	<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"/>
46. CHILI CON CARNE	<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"/>
VEGETABLES, PEAS AND BEANS								
47. POTATOES, boiled, mashed or baked	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 medium or 1/2 cup	<input type="text"/>	<input type="text"/>	<input type="text"/>
48. FRENCH FRIES and FRIED POTATOES	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 cup or small McDonald's	<input type="text"/>	<input type="text"/>	<input type="text"/>
49. CARROTS, raw or boiled	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 medium or 1/2 cup	<input type="text"/>	<input type="text"/>	<input type="text"/>



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VEGETABLES, PEAS AND BEANS cont.	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)
50. BROCCOLI	<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"/>
51. CABBAGE, COLESLAW	<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"/>
52. 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"/>
53. BRUSSEL SPROUTS	<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"/>
54. CORN, fresh, frozen or canned	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 cob or 1/2 cup	<input type="text"/>	<input type="text"/>	<input type="text"/>
55. PEAS, FRESH LIMA BEANS	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	photo A, small (1/2 cup)	<input type="text"/>	<input type="text"/>	<input type="text"/>
56. DRIED BEANS or LENTILS (kidney beans, chickpeas)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	photo A, small (1/2 cup)	<input type="text"/>	<input type="text"/>	<input type="text"/>
57. GREEN BEANS / SNAP BEANS	<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"/>
58. DARK LEAFY VEGETABLES (example spinach, collards, kale, mustard greens), cooked	<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"/>
59. 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"/>
60. LETTUCE	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 cup or or 250 ml	<input type="text"/>	<input type="text"/>	<input type="text"/>
61. TOMATOES, fresh	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 medium	<input type="text"/>	<input type="text"/>	<input type="text"/>
62. ONIONS, raw or cooked	<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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VEGETABLES, PEAS AND BEANS cont.	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)
63. BEETS, boiled or pickled	<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"/>
64. SWEET POTATOES, baked	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 medium or 1/2 cup	<input type="text"/>	<input type="text"/>	<input type="text"/>
65. OTHER ROOT VEGETABLES (turnips, parsnips, yams, radish, rutabagas, leeks), raw or cooked	<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"/>
66. YELLOW SQUASH, winter type	<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"/>
67. SUMMER SQUASH, ZUCCHINI, EGGPLANT	<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"/>
68. GREEN PEPPER, raw or cooked	<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"/>
69. ASPARAGUS	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	4 stalks	<input type="text"/>	<input type="text"/>	<input type="text"/>
70. AVOCADO	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1/2 medium	<input type="text"/>	<input type="text"/>	<input type="text"/>
71. OTHER VEGETABLES (celery, mushrooms, artichokes), raw or cooked	<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"/>
72. BEAN SPROUTS, ALFALFA SPROUTS	<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"/>
73. PICKLES, RELISH	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 dill or 2 tbsp	<input type="text"/>	<input type="text"/>	<input type="text"/>
74. BUTTER on vegetables (excluding use in baked & mixed dishes)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 tsp or 1 pat	<input type="text"/>	<input type="text"/>	<input type="text"/>
75. MARGARINE on vegetables (excluding use in baked & mixed dishes)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 tsp or 1 pat	<input type="text"/>	<input type="text"/>	<input type="text"/>



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VEGETABLES, PEAS AND BEANS cont.									
76.	OIL in cooked vegetables	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 tsp	<input type="text"/>	<input type="text"/>	<input type="text"/>
77.	SALAD DRESSING, creamy-type	<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"/>
78.	SALAD DRESSING, oil/vinegar-type (French, Italian)	<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"/>
MEATS									
79.	GROUND BEEF as hamburger, meat loaf, in casseroles	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	3" patty or 90 gm	<input type="text"/>	<input type="text"/>	<input type="text"/>
80.	ROAST BEEF	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	photo B, medium	<input type="text"/>	<input type="text"/>	<input type="text"/>
81.	STEAK	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	photo B, medium	<input type="text"/>	<input type="text"/>	<input type="text"/>
82.	POT ROAST	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	photo B, medium	<input type="text"/>	<input type="text"/>	<input type="text"/>
83.	PORK CHOP	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	photo B, medium	<input type="text"/>	<input type="text"/>	<input type="text"/>
84.	BAKED HAM	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	photo B, medium	<input type="text"/>	<input type="text"/>	<input type="text"/>
85.	VEAL	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	photo B, medium	<input type="text"/>	<input type="text"/>	<input type="text"/>
86.	LAMB	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	photo B, medium	<input type="text"/>	<input type="text"/>	<input type="text"/>
87.	BACON	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	2 strips	<input type="text"/>	<input type="text"/>	<input type="text"/>
88.	HOT DOG, WEINERS	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 hot dog	<input type="text"/>	<input type="text"/>	<input type="text"/>



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MEATS cont.	How often? <i>Write in ONE column only</i>				Average Serving	Your Serving Size		
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89. SAUSAGES (includes pork, link sausages)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 medium or 2 links	<input type="text"/>	<input type="text"/>	<input type="text"/>
90. LUNCHEON HAM, CORNED BEEF	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 slice (about 30 g)	<input type="text"/>	<input type="text"/>	<input type="text"/>
91. OTHER LUNCHEON MEAT (includes salami, bologna)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 slice (about 30 g)	<input type="text"/>	<input type="text"/>	<input type="text"/>
92. LIVER	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	photo B, medium	<input type="text"/>	<input type="text"/>	<input type="text"/>
93. FRIED CHICKEN, (includes chicken nuggets), CHICKEN WINGS	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	photo C, medium or 4 wings	<input type="text"/>	<input type="text"/>	<input type="text"/>
94. CHICKEN, TURKEY, roasted, oven baked	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	photo C, medium	<input type="text"/>	<input type="text"/>	<input type="text"/>
95. FISH, steamed, baked (fresh or frozen)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	photo B, medium	<input type="text"/>	<input type="text"/>	<input type="text"/>
96. FISH, fried, battered, fish sticks	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	photo B, medium (5 fish sticks)	<input type="text"/>	<input type="text"/>	<input type="text"/>
97. CANNED FISH	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1/2 can or 50 ml	<input type="text"/>	<input type="text"/>	<input type="text"/>
98. SEAFOOD, meat only (includes crab, lobster, shrimp)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	photo C, medium	<input type="text"/>	<input type="text"/>	<input type="text"/>
99. SALTED / DRIED MEAT or FISH	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	photo B, medium	<input type="text"/>	<input type="text"/>	<input type="text"/>
100. PICKLED MEAT or FISH	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	photo B, medium	<input type="text"/>	<input type="text"/>	<input type="text"/>



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BREADS, CEREALS AND GRAINS	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)
101. WHITE BREAD	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 slice	<input type="text"/>	<input type="text"/>	<input type="text"/>
102. WHOLE WHEAT BREAD, 100% (includes dark rye)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 slice	<input type="text"/>	<input type="text"/>	<input type="text"/>
103. WHOLE WHEAT BREAD, 60% (includes light rye)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 slice	<input type="text"/>	<input type="text"/>	<input type="text"/>
104. BREAD ROLLS (white flour), kaisers, bagels, hamburger/hot dog buns	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 medium	<input type="text"/>	<input type="text"/>	<input type="text"/>
105. BREAD ROLLS (whole wheat), kaisers, bagels	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 medium	<input type="text"/>	<input type="text"/>	<input type="text"/>
106. BRAN/GRANOLA CEREALS Specify usual type:	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	3/4 cup or 175 ml	<input type="text"/>	<input type="text"/>	<input type="text"/>

107. WHOLE WHEAT CEREALS (such as Shreddies) Specify usual type:	<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"/>

108. SUGAR COATED CEREALS (Frosted Flakes, Fruit Loops) Specify usual type:	<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"/>

109. NO SUGAR CEREALS (Corn Flakes, Rice Krispies) Specify usual type:	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 cup or 250ml	<input type="text"/>	<input type="text"/>	<input type="text"/>

110. COOKED CEREALS (porridge, oatmeal, dalia, bulgar) Specify usual type:	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 cup or 250ml	<input type="text"/>	<input type="text"/>	<input type="text"/>

111. SUGAR on cereal (white, brown)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 tsp	<input type="text"/>	<input type="text"/>	<input type="text"/>



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BREADS, CEREALS AND GRAINS cont.	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)
112. CRACKERS (soda or snack type)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	2 crackers	<input type="text"/>	<input type="text"/>	<input type="text"/>
113. BRAN or OAT MUFFINS	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 small or 1/2 large	<input type="text"/>	<input type="text"/>	<input type="text"/>
114. OTHER MUFFINS, FRUIT BREADS	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 small or 1/2 large	<input type="text"/>	<input type="text"/>	<input type="text"/>
115. RICE, boiled	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	photo A, small (1/2 cup)	<input type="text"/>	<input type="text"/>	<input type="text"/>
116. FRIED RICE, plain or pulao (with vegetables)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	photo A, small (1/2 cup)	<input type="text"/>	<input type="text"/>	<input type="text"/>
117. BUTTER on breads, rolls or boiled rice	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 tsp or 1 pat	<input type="text"/>	<input type="text"/>	<input type="text"/>
118. MARGARINE on breads, rolls or boiled rice	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 tsp or 1 pat	<input type="text"/>	<input type="text"/>	<input type="text"/>
119. 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"/>
FRUITS								
120. APPLE, PEAR	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 medium	<input type="text"/>	<input type="text"/>	<input type="text"/>
121. CITRUS FRUITS (oranges, clementines, grapefruit)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 orange or 2 clementines or 1/2 grapefruit	<input type="text"/>	<input type="text"/>	<input type="text"/>
122. BANANA	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 medium	<input type="text"/>	<input type="text"/>	<input type="text"/>
123. GRAPES	<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"/>
124. BERRIES (strawberries, raspberries)	<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"/>
125. PEACH, PLUM, NECTARINE	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 medium peach or 1 large plum	<input type="text"/>	<input type="text"/>	<input type="text"/>



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FRUITS cont.	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
126. CANTELOUPE	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 slice or 1/2 cup	<input type="text"/>	<input type="text"/>	<input type="text"/>
127. WATERMELON, HONEYDEW	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 wedge or 1 cup/250 ml	<input type="text"/>	<input type="text"/>	<input type="text"/>
128. MANGO, PAPAYA	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1/2 mango or 1/2 cup	<input type="text"/>	<input type="text"/>	<input type="text"/>
129. ALL OTHER FRUIT (such as pineapple, kiwi)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 slice or 1/2 cup	<input type="text"/>	<input type="text"/>	<input type="text"/>
130. CANNED FRUIT	<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"/>
131. DRIED FRUIT (such as raisins, dates)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 tbsp raisins or 2 dates	<input type="text"/>	<input type="text"/>	<input type="text"/>

DESSERTS AND SWEETS

132. CAKES	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 slice or 2" x 4" x 1"	<input type="text"/>	<input type="text"/>	<input type="text"/>
133. DOUGHNUTS, SWEET ROLLS	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 doughnut or 1 sweet roll	<input type="text"/>	<input type="text"/>	<input type="text"/>
134. ICE CREAM	<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"/>
135. SHERBET, POPSICLES, FREEZIES	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1/2 cup or 1 popsicle	<input type="text"/>	<input type="text"/>	<input type="text"/>
136. PUDDING	<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"/>
137. PIES AND TARTS, danish	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 slice or 1/6 pie	<input type="text"/>	<input type="text"/>	<input type="text"/>
138. COOKIE	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 cookie	<input type="text"/>	<input type="text"/>	<input type="text"/>



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DESSERTS AND SWEETS cont.	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)
139. CHOCOLATE (includes chocolate candy, bar)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 small-size bar or 45 gm or 5 chocolates	<input type="text"/>	<input type="text"/>	<input type="text"/>
140. CANDY, no chocolate	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	2 candies	<input type="text"/>	<input type="text"/>	<input type="text"/>
MISCELLANEOUS								
141. TOFU or TEMPEH	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1/2 cup 125 ml	<input type="text"/>	<input type="text"/>	<input type="text"/>
142. PEANUT BUTTER	<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"/>
143. JAM, SYRUP, HONEY (not used in beverages)	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1 tsp	<input type="text"/>	<input type="text"/>	<input type="text"/>
144. GRAVY	<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"/>
145. CHOCOLATE SYRUP, STRAWBERRY SYRUP	<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"/>
146. KETCHUP	<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"/>
147. SAUCES, white, cream on vegetables, meats	<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"/>
148. 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"/>
149. NUTS	<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"/>
150. WHEAT BRAN	<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"/>
151. WHEAT GERM	<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"/>



Alliance 182

Plate #233

Visit #002

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MISCELLANEOUS cont.	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	More Than
						Average (small)	(medium)	Average (large)
152. MUSTARD	<input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	1 tsp	<input type="text"/> S	<input type="text"/> M	<input type="text"/> L
153. SOY SAUCE, in cooking, added to food	<input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	1 tsp	<input type="text"/> S	<input type="text"/> M	<input type="text"/> L
154. FRESH GARLIC (includes use in cooking)	<input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	1/2 tsp	<input type="text"/> S	<input type="text"/> M	<input type="text"/> L
155. CHILIES, green, red	<input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	1 small	<input type="text"/> S	<input type="text"/> M	<input type="text"/> L
156. ADDED SALT AT TABLE on raw or cooked dishes	<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 sprinkles	<input type="text"/> S	<input type="text"/> M	<input type="text"/> L
157. SUGAR SUBSTITUTES (such as Equal, Nutrasweet)	<input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	1 pack or 1 tablet	<input type="text"/> S	<input type="text"/> M	<input type="text"/> L

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 cooking, pan- or stir-frying? (*Please mark one box only*):

do not add fat or oil

pure ghee or butter

vegetable oil

other, please specify: _____

vegetable shortening or
vegetable ghee

do not cook

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

do not deep fry

pure ghee or butter

vegetable oil

other, please specify: _____

vegetable shortening or vegetable ghee



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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: _____

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 home

daily

4-6 times per week

1-3 times per week

less than 1 per week

Away from home

daily

4-6 times per week

1-3 times 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



<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	Participant Initials	<input type="text"/>	<input type="text"/>	<input type="text"/>
Cohort #	MR centre #	Participant #					F	M	L

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

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?	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>	<input type="text"/>
Multiple vitamins, no minerals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>	<input type="text"/>
Brand: _____							
Multiple plus iron	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>	<input type="text"/>
Brand: _____							
Multiple plus minerals/iron	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>	<input type="text"/>
Brand: _____							



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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?	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/> yrs	<input type="text"/> mo
B complex:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/> yrs	<input type="text"/> mo
Brand: _____							
Brewer's yeast	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/> yrs	<input type="text"/> mo
Cod liver or halibut oil	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/> yrs	<input type="text"/> mo

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?	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/> yrs	<input type="text"/> mo
Vitamin C only	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/> yrs	<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"/> yrs	<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							



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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?

Calcium only

yrs

mo

500 mg or less

1,000

1,500

2,000 or more

Magnesium only

yrs

mo

100 mg or less

200

300 or more

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



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	None	More than 7 per week	7 per week	3-5 per week	1-2 per week	How long taken in years and months?	
Garlic pills	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/> yrs	<input type="text"/> mo
Metamucil, psyllium, Isabgol	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/> yrs	<input type="text"/> mo

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

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="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/> yrs	<input type="text"/> mo
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/> yrs	<input type="text"/> mo
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/> yrs	<input type="text"/> mo
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/> yrs	<input type="text"/> mo
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/> yrs	<input type="text"/> mo
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/> yrs	<input type="text"/> mo



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F M L

Other FOODS or BEVERAGES consumed frequently

How often?
Write in ONE column only

Average Serving

Your Serving Size

1. _____

--	--	--	--	--	--

S	M	L
---	---	---

2. _____

--	--	--	--	--	--

S	M	L
---	---	---

3. _____

--	--	--	--	--	--

S	M	L
---	---	---

4. _____

--	--	--	--	--	--

S	M	L
---	---	---

5. _____

--	--	--	--	--	--

S	M	L
---	---	---

6. _____

--	--	--	--	--	--

S	M	L
---	---	---

7. _____

--	--	--	--	--	--

S	M	L
---	---	---

8. _____

--	--	--	--	--	--

S	M	L
---	---	---

9. _____

--	--	--	--	--	--

S	M	L
---	---	---

10. _____

--	--	--	--	--	--

S	M	L
---	---	---

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