



How to fill out the Food Questionnaire

The questions on the Food Questionnaire ask about the foods you ate over the past **THREE MONTHS**.

Please fill out the form **YOURSELF**. Use an ordinary (#2) pencil.

Remember to think about:

- The foods **YOU** ate,
- **NOT** what your **FAMILY** ate,
- **NOT** what you **THINK** you should eat.

Study the pictures on the back of this sheet to find out what small, medium, and large servings look like on a plate.

Don't be afraid to mark **"large"** servings. Almost everyone eats large servings of their favorite foods!

Remember to include the foods that you eat at home, at the office, at restaurants, and from fast food places.

You do **NOT** need to be on a low-fat diet to enter this study.

Example: Every Sunday, Susan eats spaghetti with meat sauce for dinner. On Monday and Tuesday, she eats the leftovers for lunch. Each time she eats 1 ½ cups of spaghetti.

Susan marks the form to show that she eats spaghetti with meat sauce 3 times a week, and she eats a large serving.

TYPE OF FOOD	HOW OFTEN DID YOU EAT THE FOOD (Mark One)									AMOUNT			
	Never or less than once per month	1 per month	2 per month	1 per week	2 per week	3-4 per week	5-6 per week	1 per day	2+ per day	Medium Serving Size	Your Serving Size		
											S	M	L
Spaghetti or other noodles with meat sauce	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>

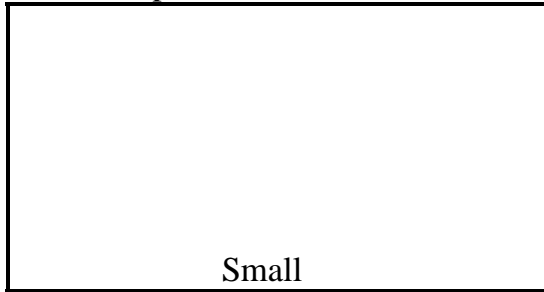
(Please read the instructions on the Food Questionnaire as you complete the form.)

Thank you. The staff at the Women's Health Initiative.

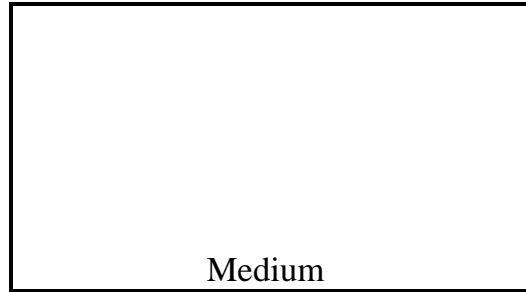
Serving Size Pictures

Look at the pictures below. Decide which pictures show the amounts of food that you usually eat. As you fill out the Food Questionnaire, use these examples to help you complete the serving size column.

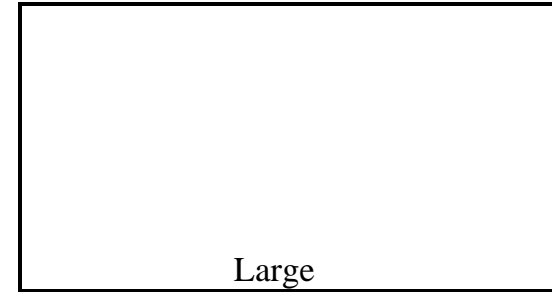
1. Beef, pork, chicken, and fish.



Small

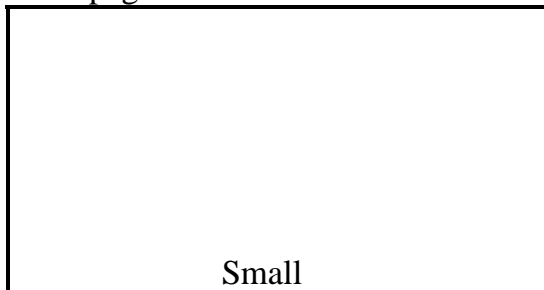


Medium

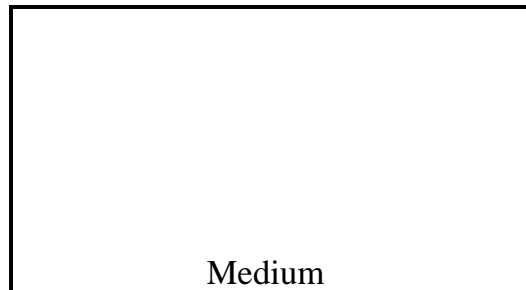


Large

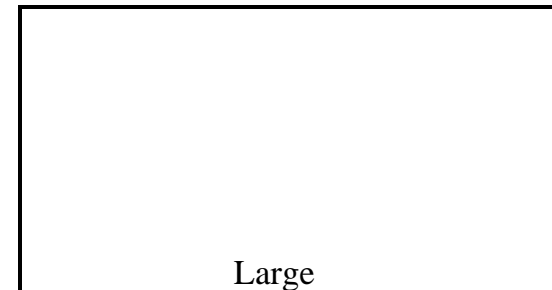
2. Spaghetti and casseroles.



Small

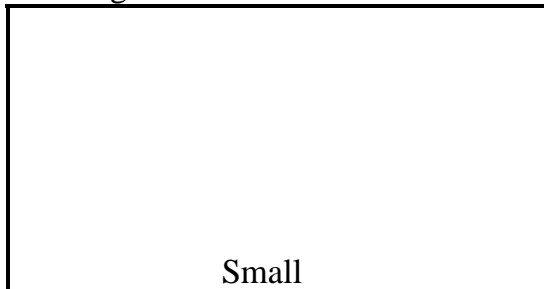


Medium

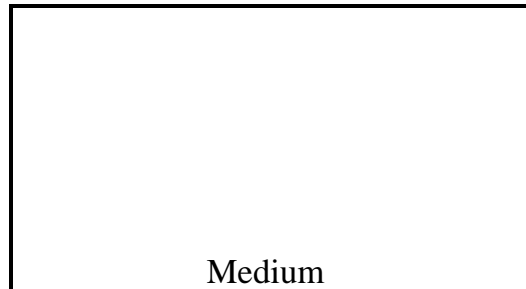


Large

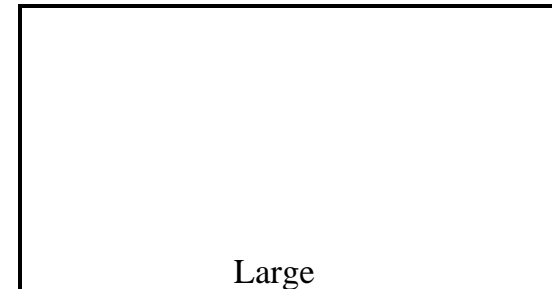
3. Vegetables.



Small



Medium



Large

Please note: A small serving is about one-half ($\frac{1}{2}$) the medium serving size or less.

A large serving is about one-and-one-half ($1\frac{1}{2}$) times the medium serving size or more.