

URINARY BIOMARKERS
of
DIETARY INTAKE STUDY

UB-DIET STUDY

Background and Diet Habits Questionnaire

Instructions:

- Print legibly using a blue or black ink pen.
 - Do not use pencil or felt tip markers.
 - When entering letters or numbers, enter one per box and stay within the box.
 - Fill in the bubbles completely with a dark mark.
 - Only provide one answer for each question unless otherwise instructed. If more than one response applies, please choose the response that is most often true.
 - If you wish to change an answer, place an "X" through the first mark, and mark the oval for your preferred answer.
 - Do not use "White Out".
-

IMPORTANT:

We request that the questionnaire be completed by the individual on the label.

Participant ID:

Today's Date (Month/Day/Year):

Your Date of Birth (Month/Day/Year):

UB-Diet Study Questionnaire

GENERAL INFORMATION

1. What is your gender?
 - Female
 - Male
 - Other or prefer not to answer

2. What race/ethnicity do you consider yourself?
 - White (non-Hispanic)
 - Black or African American (non-Hispanic)
 - Hispanic or Latino
 - Asian American
 - Hawaiian or Pacific Islander
 - American Indian or Native American
 - Other
(Please Specify: _____)

3. What is the highest level of education that you have completed?
 - Less than high school
 - Some high school
 - High school graduate or GED
 - Some college
 - Technical or associate's degree
 - College graduate
 - Advanced college degree (Master's degree, PhD, MD, JD, etc.)

4. Over the past 12 months what was your primary work status?
 - Full-time student, unemployed
 - Full-time student, part-time job
 - Part-time student, part-time job
 - Part-time student, full-time job
 - Part-time job(s)
 - Full-time job
 - Disabled
 - Retired
 - Unemployed

5. Over the past 12 months, how many times per day did you typically handle cash register receipts?
 - 0 – 5 times
 - 6 – 10 times
 - More than 10 per day

6. Over the past 12 months what was your household's total annual income? (*count before tax income from all sources for all household members*)
 - \$0 - \$19,000
 - \$20,000 - \$ 44, 999
 - \$45,000 - \$74, 999
 - \$75,000 and higher
 - Don't know or prefer not to answer

7. Over the past 12 months, did you have enough money to buy enough food for yourself and/or your household?
 - Yes
 - No
 - Don't know or prefer not to answer

8. Over the past 12 months, were you able to afford to eat balanced meals?
 - Yes
 - No
 - Don't know or prefer not to answer

9. Over the past 12 months, did you ever cut the size of your meals or skip meals because there was not enough money for food?
 - Yes
 - No
 - Don't know or prefer not to answer

- 9b. If yes, how often did this happen?
 - Almost every month
 - Some months, but not every month
 - Only 1 or 2 months
 - Don't know or prefer not to answer

UB-Diet Study Questionnaire

10. In the past 12 months, did you or any member of your household eat any meals from community programs, such as “Meals on Wheels” or a soup kitchen?
- Yes
- No
- Don't know or prefer not to answer
11. In the past 12 months, did you or any member of your household rely on a community food assistance program, such as food shelves or food banks to supplement the food you purchased?
- Yes
- No
- Don't know or prefer not to answer
12. In the past 12 months, did you or any member of your household receive benefits from SNAP, the Supplemental Nutrition Assistance Program (formerly known as the Food Stamp Program)?
- Yes
- No
- Don't know or prefer not to answer
13. What is the most you have ever weighed?
- _____ lbs.
14. In general, would you say your current health is:
- Excellent
- Very Good
- Good
- Fair
- Poor
15. Do you have any chronic health issues, such as arthritis, food allergies, ulcerative colitis, or migraines?
- Yes
- No
- If yes, please indicate any health issues here:
- _____
- _____
16. Over the past 12 months, did you take any medications on a weekly or daily basis?
- Yes
- No
- If yes, please list what medications you take and how often you take them here:
- _____
- _____
17. How long have you been at your current weight?
- Less than 1 year
- 1 – 3 years
- 3 – 5 years
- More than 5 years
18. Over the past 12 months, in a usual week, how many hours did you spend doing moderate exercise (not exhausting)? (Examples: walking quickly, baseball, easy bicycling, volleyball, dancing, skateboarding)
- None
- Less than ½ hour a week
- ½ - 2 hours a week
- 2½ - 4 hours a week
- 4½ - 6 hours a week
- 6 or more hours a week
19. Over the past 12 months, in a usual week, how many hours did you spend doing strenuous activity (heart beats rapidly)? (Examples: running, swimming laps, tennis, soccer, basketball, skiing, biking fast, aerobic dancing, vigorous yoga)
- None
- Less than ½ hour a week
- ½ - 2 hours a week
- 2½ - 4 hours a week
- 4½ - 6 hours a week
- 6 or more hours a week

UB-Diet Study Questionnaire

20. Over the past 12 months, in a usual week, how many hours did you spend doing mild exercise (little effort)? (Examples: walking slowing, bowling, golfing, fishing, relaxing yoga)

- None
- Less than ½ hour a week
- ½ - 2 hours a week
- 2½ - 4 hours a week
- 4½ - 6 hours a week
- 6 or more hours a week

21. Have you ever been a daily smoker?

- No (skip to Question 22)
- Yes

21b. If you have you ever been a daily smoker, how many years were you a daily smoker?

- Less than 5 years
- 5 – 10 years
- 11 – 15 years
- More than 15 years

21c. If you have ever been a daily smoker, how many years has it been since you quit smoking?

- Still a current smoker
- Less than 1 years
- 1 – 5 years
- 6 – 10 years
- More than 10 years
- Never smoked

22. Over the past 12 months, were you routinely exposed to second hand smoke, such as living in a home where other people smoked (exclude short term occasional exposure)?

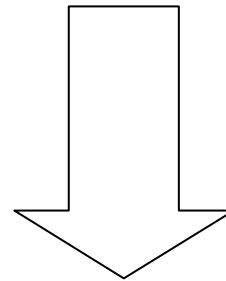
- Yes
- No

23. Over the past 12 months, did you take any dietary supplements on a daily basis (For example, multivitamins, calcium, vitamin D, vitamin C)?

- Yes
- No

If yes, please list which types here:

The survey continues on
the next page.



UB-Diet Study Questionnaire

Details about Meal Habits and Locations

24. Over the past 12 months how many days per week did you typically eat **BREAKFAST**?

- Never
- 1 – 2 days per week
- 3 – 4 days per week
- 5 – 6 days per week
- Everyday

25. Where was your **BREAKFAST** most often from?

- Prepared at home or brought from home
- Prepared at another person's home
- Purchased from a work or school cafeteria
- Purchased at a fast food or take-out restaurant (such as McDonald's®, Panera®, Chipotle®)
- Purchased at a sit-down restaurant
- Other (Please specify: _____)

26. Over the past 12 months how many days per week did you typically eat **LUNCH**?

- Never
- 1 – 2 days per week
- 3 – 4 days per week
- 5 – 6 days per week
- Everyday

27. Where was your **LUNCH** most often from?

- Prepared at home or brought from home
- Prepared at another person's home
- Purchased from a work or school cafeteria
- Purchased at a fast food or take-out restaurant (such as McDonald's®, Panera®, Chipotle®)
- Purchased at a sit-down restaurant
- Other (Please specify: _____)

28. Over the past 12 months how many days per week did you typically eat **DINNER**?

- Never
- 1 – 2 days per week
- 3 – 4 days per week
- 5 – 6 days per week
- Everyday

29. Where was your **DINNER** most often from?

- Prepared at home
- Prepared at another person's home
- Purchased at a work or school cafeteria
- Purchased at a fast food or take-out restaurant (such as McDonald's®, Panera®, Chipotle®)
- Purchased at a sit-down restaurant
- Other (Please specify: _____)

UB-Diet Study Questionnaire

30. Over the past 12 months how many days per week did you typically eat AT LEAST ONE meal **AWAY from home?**

- None
 1 – 2 days
 3 – 4 days
 5 -6 days
 Everyday

31. Over the past 12 months how many times per week (including all meals and snacks) did you typically eat at **fast food or take-out restaurants?**

- Never
 1 – 2 times per week
 3 – 4 times per week
 5 – 6 times per week
 7 – 8 times per week
 More than 8 times per week (Please specify the number of times:_____)

32. Over the past 12 months how many times per week did you typically eat at **sit-down restaurants?**

- Never
 1 – 2 times per week
 3 – 4 times per week
 5 – 6 times per week
 7 – 8 times per week
 More than 8 times per week (Please specify the number of times:_____)

33. Over the past 12 months how many times did you usually eat in a **cafeteria at work or school?**

- Never
 1 – 2 times per week
 3 – 4 times per week
 5 – 6 times per week
 7 – 8 times per week
 More than 8 times per week (Please specify the number of times:_____)

34. Over the past 12 months how often did you eat foods that are:

	Never or rarely	Monthly	Weekly	Daily	Daily - Most Meals
Organic	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
From a package (including cans, microwave meals, cake mix, muffin mix, and boxed meals-such as macaroni and cheese)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Locally grown	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

UB-Diet Study Questionnaire

Food Intake Details

35. Over the past 12 months how often did you eat of **canned lunchmeats**, such as SPAM®?

- NEVER or less than once per month
- 1 time per month
- 2 – 3 times per month
- 1 time per week
- 2 times per week
- 3 - 4 times per week
- 5 - 6 times per week
- 1 time per day
- 2 or more times per day

36. Over the past 12 months how often did you eat canned **tuna**, including canned tuna in mixed dishes such as tuna casserole or tuna salad?

- NEVER or less than once per month (skip to Question 37)
- 1 time per month
- 2 – 3 times per month
- 1 time per week
- 2 times per week
- 3 - 4 times per week
- 5 - 6 times per week
- 1 time per day
- 2 or more times per day

36b. When you consume canned tuna how often is it **water packed**?

- Always or Almost Always
 - About $\frac{3}{4}$ of the time
 - About $\frac{1}{2}$ of the time
 - About $\frac{1}{4}$ of the time
 - Never or Almost Never
 - Don't Know (Please provide a brief explanation (e.g. I mainly ate is at restaurants)).
-

37. Over the past 12 months how often did you eat **canned chicken**, including canned chicken in mixed dishes such as chicken salad or chicken casserole?

- NEVER or less than once per month
- 1 time per month
- 2 – 3 times per month
- 1 time per week
- 2 times per week
- 3 - 4 times per week
- 5 - 6 times per week
- 1 time per day
- 2 or more times per day

UB-Diet Study Questionnaire

38. Please list any other MEAT, POULTRY or FISH not listed above that you eat **FROM A CAN** at least once per week and the number of servings you eat per week or day.

39. Over the past 12 months how often did you eat **corn** (fresh, canned or frozen)?

- NEVER or less than once per month (skip to Question 40)
- 1 time per month
- 2 – 3 times per month
- 1 time per week
- 2 times per week
- 3 - 4 times per week
- 5 - 6 times per week
- 1 time per day
- 2 or more times per day

39b. How often was the **corn** from a CAN?

- Always or Almost Always
- About $\frac{3}{4}$ of the time
- About $\frac{1}{2}$ of the time
- About $\frac{1}{4}$ of the time
- Never or Almost Never
- Don't Know (Please provide a brief explanation (e.g. I mainly ate it at restaurants)).

39c. How often was the **corn** prepared from FROZEN?

- Always or Almost Always
- About $\frac{3}{4}$ of the time
- About $\frac{1}{2}$ of the time
- About $\frac{1}{4}$ of the time
- Never or Almost Never
- Don't Know (Please provide a brief explanation (e.g. I mainly ate it at restaurants)).

40. Over the past 12 months how often did you eat **green beans** (fresh, frozen, or canned)?

- NEVER or less than once per month (skip to Question 41)
- 1 time per month
- 2 – 3 times per month
- 1 time per week
- 2 times per week
- 3 - 4 times per week
- 5 - 6 times per week
- 1 time per day
- 2 or more times per day

UB-Diet Study Questionnaire

40b. How often were the **green beans** prepared from a CAN?

- Always or Almost Always
 - About $\frac{3}{4}$ of the time
 - About $\frac{1}{2}$ of the time
 - About $\frac{1}{4}$ of the time
 - Never or Almost Never
 - Don't Know (Please provide a brief explanation (e.g. I mainly ate it at restaurants)).
-

40c. How often were the **green beans** prepared from FROZEN?

- Always or Almost Always
 - About $\frac{3}{4}$ of the time
 - About $\frac{1}{2}$ of the time
 - About $\frac{1}{4}$ of the time
 - Never or Almost Never
 - Don't Know (Please provide a brief explanation (e.g. I mainly ate it at restaurants)).
-

41. Over the past 12 months how often did you eat **refried beans, baked beans, plain beans (such as garbanzo beans, black beans and navy beans), or lima beans** (dried, frozen or canned)?

- NEVER or less than once per month (skip to Question 42)
- 1 time per month
- 2 – 3 times per month
- 1 time per week
- 2 times per week
- 3 - 4 times per week
- 5 - 6 times per week
- 1 time per day
- 2 or more times per day

41b. How often were the **refried beans, baked beans, plain beans and lima beans** prepared from a CAN?

- Always or Almost Always
 - About $\frac{3}{4}$ of the time
 - About $\frac{1}{2}$ of the time
 - About $\frac{1}{4}$ of the time
 - Never or Almost Never
 - Don't Know (Please provide a brief explanation (e.g. I mainly ate it at restaurants)).
-

41c. How often were the **refried beans, baked beans, plain beans and lima beans** prepared from FROZEN?

- Always or Almost Always
 - About $\frac{3}{4}$ of the time
 - About $\frac{1}{2}$ of the time
 - About $\frac{1}{4}$ of the time
 - Never or Almost Never
 - Don't Know (Please provide a brief explanation (e.g. I mainly ate it at restaurants)).
-

UB-Diet Study Questionnaire

42. Over the past 12 months how often did you eat **greens**, such as spinach, mustard greens and collards (fresh, frozen or canned)?

- NEVER or less than once per month (skip to Question 43)
- 1 time per month
- 2 – 3 times per month
- 1 time per week
- 2 times per week
- 3 - 4 times per week
- 5 - 6 times per week
- 1 time per day
- 2 or more times per day

42b. How often were the **greens** prepared from a CAN?

- Always or Almost Always
 - About $\frac{3}{4}$ of the time
 - About $\frac{1}{2}$ of the time
 - About $\frac{1}{4}$ of the time
 - Never or Almost Never
 - Don't Know (Please provide a brief explanation (e.g. I mainly ate it at restaurants)).
-

42c. How often were the **greens** prepared from FROZEN?

- Always or Almost Always
 - About $\frac{3}{4}$ of the time
 - About $\frac{1}{2}$ of the time
 - About $\frac{1}{4}$ of the time
 - Never or Almost Never
 - Don't Know (Please provide a brief explanation (e.g. I mainly ate it at restaurants)).
-

43. Over the past 12 months how often did you eat **peas** (fresh, frozen or canned)?

- NEVER or less than once per month (skip to Question 44)
- 1 time per month
- 2 – 3 times per month
- 1 time per week
- 2 times per week
- 3 - 4 times per week
- 5 - 6 times per week
- 1 time per day
- 2 or more times per day

43b. How often were the **peas** prepared from a CAN?

- Always or Almost Always
 - About $\frac{3}{4}$ of the time
 - About $\frac{1}{2}$ of the time
 - About $\frac{1}{4}$ of the time
 - Never or Almost Never
 - Don't Know (Please provide a brief explanation (e.g. I mainly ate it at restaurants)).
-

UB-Diet Study Questionnaire

43c. How often were the **greens** prepared from FROZEN?

- Always or Almost Always
 - About $\frac{3}{4}$ of the time
 - About $\frac{1}{2}$ of the time
 - About $\frac{1}{4}$ of the time
 - Never or Almost Never
 - Don't Know (Please provide a brief explanation (e.g. I mainly ate it at restaurants)).
-

44. Over the past 12 months how often did you eat **mixed vegetables** (fresh, frozen or canned)?

- NEVER or less than once per month (skip to Question 45)
- 1 time per month
- 2 – 3 times per month
- 1 time per week
- 2 times per week
- 3 - 4 times per week
- 5 - 6 times per week
- 1 time per day
- 2 or more times per day

44b. How often were the **mixed vegetables** prepared from a CAN?

- Always or Almost Always
 - About $\frac{3}{4}$ of the time
 - About $\frac{1}{2}$ of the time
 - About $\frac{1}{4}$ of the time
 - Never or Almost Never
 - Don't Know (Please provide a brief explanation (e.g. I mainly ate it at restaurants)).
-

44c. How often were the **mixed vegetables** prepared from FROZEN?

- Always or Almost Always
 - About $\frac{3}{4}$ of the time
 - About $\frac{1}{2}$ of the time
 - About $\frac{1}{4}$ of the time
 - Never or Almost Never
 - Don't Know (Please provide a brief explanation (e.g. I mainly ate it at restaurants)).
-

45. Over the past 12 months how often did you eat **mushrooms**?

- NEVER or less than once per month (skip to Question 46)
- 1 time per month
- 2 – 3 times per month
- 1 time per week
- 2 times per week
- 3 - 4 times per week
- 5 - 6 times per week
- 1 time per day
- 2 or more times per day

UB-Diet Study Questionnaire

45b. How often were the **mushrooms** prepared from a CAN?

- Always or Almost Always
 - About $\frac{3}{4}$ of the time
 - About $\frac{1}{2}$ of the time
 - About $\frac{1}{4}$ of the time
 - Never or Almost Never
 - Don't Know (Please provide a brief explanation (e.g. I mainly ate it at restaurants)).
-

45c. How often were the **mushrooms** prepared from FROZEN?

- Always or Almost Always
 - About $\frac{3}{4}$ of the time
 - About $\frac{1}{2}$ of the time
 - About $\frac{1}{4}$ of the time
 - Never or Almost Never
 - Don't Know (Please provide a brief explanation (e.g. I mainly ate it at restaurants)).
-

46. Over the past 12 months how often did you eat **tomatoes (whole, peeled or chopped), tomato sauce, and tomato paste** (fresh or canned), including as part of a mixed dish such as spaghetti)?

- NEVER or less than once per month (skip to Question 47)
- 1 time per month
- 2 – 3 times per month
- 1 time per week
- 2 times per week
- 3 - 4 times per week
- 5 - 6 times per week
- 1 time per day
- 2 or more times per day

46b. How often were the **tomatoes, tomato sauce and tomato paste**, including those used in mixed dishes, prepared from a CAN?

- Always or Almost Always
 - About $\frac{3}{4}$ of the time
 - About $\frac{1}{2}$ of the time
 - About $\frac{1}{4}$ of the time
 - Never or Almost Never
 - Don't Know (Please provide a brief explanation (e.g. I mainly ate it at restaurants)).
-

47. Over the past 12 months how often did you eat **yams or sweet potatoes** (fresh, frozen or canned)?

- NEVER or less than once per month (skip to Question 48)
- 1 time per month
- 2 – 3 times per month
- 1 time per week
- 2 times per week
- 3 - 4 times per week
- 5 - 6 times per week
- 1 time per day
- 2 or more times per day

UB-Diet Study Questionnaire

47b. How often were the **yams or sweet potatoes** prepared from a CAN?

- Always or Almost Always
 - About $\frac{3}{4}$ of the time
 - About $\frac{1}{2}$ of the time
 - About $\frac{1}{4}$ of the time
 - Never or Almost Never
 - Don't Know (Please provide a brief explanation (e.g. I mainly ate it at restaurants)).
-

47c. How often were the **yams or sweet potatoes** prepared from FROZEN?

- Always or Almost Always
 - About $\frac{3}{4}$ of the time
 - About $\frac{1}{2}$ of the time
 - About $\frac{1}{4}$ of the time
 - Never or Almost Never
 - Don't Know (Please provide a brief explanation (e.g. I mainly ate it at restaurants)).
-

48. Please list any other **VEGETABLES** not listed above that you eat at least once per week, the number of servings you eat per week or day, and the typical source of the vegetable (can, fresh, frozen, don't know).

Vegetable	Servings per week or day	Canned, fresh, frozen, don't know

49. Over the past 12 months how often did you eat **pears** (fresh, frozen or canned)?

- NEVER or less than once per month (skip to Question 50)
- 1 time per month
- 2 – 3 times per month
- 1 time per week
- 2 times per week
- 3 - 4 times per week
- 5 - 6 times per week
- 1 time per day
- 2 or more times per day

49b. How often were the **pears** prepared from a CAN?

- Always or Almost Always
 - About $\frac{3}{4}$ of the time
 - About $\frac{1}{2}$ of the time
 - About $\frac{1}{4}$ of the time
 - Never or Almost Never
 - Don't Know (Please provide a brief explanation (e.g. I mainly ate it at restaurants)).
-

UB-Diet Study Questionnaire

50. Over the past 12 months how often did you eat **oranges and tangerines** (fresh, frozen or canned)?

- NEVER or less than once per month (skip to Question 51)
- 1 time per month
- 2 – 3 times per month
- 1 time per week
- 2 times per week
- 3 - 4 times per week
- 5 - 6 times per week
- 1 time per day
- 2 or more times per day

50b. How often were the **oranges and tangerines** prepared from a CAN?

- Always or Almost Always
 - About $\frac{3}{4}$ of the time
 - About $\frac{1}{2}$ of the time
 - About $\frac{1}{4}$ of the time
 - Never or Almost Never
 - Don't Know (Please provide a brief explanation (e.g. I mainly ate it at restaurants)).
-

50c. How often were the **oranges and tangerines** prepared from FROZEN?

- Always or Almost Always
 - About $\frac{3}{4}$ of the time
 - About $\frac{1}{2}$ of the time
 - About $\frac{1}{4}$ of the time
 - Never or Almost Never
 - Don't Know (Please provide a brief explanation (e.g. I mainly ate it at restaurants)).
-

51. Over the past 12 months how often did you eat **strawberries** (fresh, frozen or canned), including pie fillings?

- NEVER or less than once per month (skip to Question 52)
- 1 time per month
- 2 – 3 times per month
- 1 time per week
- 2 times per week
- 3 - 4 times per week
- 5 - 6 times per week
- 1 time per day
- 2 or more times per day

51b. How often were the **strawberries** prepared from a CAN?

- Always or Almost Always
 - About $\frac{3}{4}$ of the time
 - About $\frac{1}{2}$ of the time
 - About $\frac{1}{4}$ of the time
 - Never or Almost Never
 - Don't Know (Please provide a brief explanation (e.g. I mainly ate it at restaurants)).
-

UB-Diet Study Questionnaire

51c. How often were the **strawberries** prepared from FROZEN?

- Always or Almost Always
 - About $\frac{3}{4}$ of the time
 - About $\frac{1}{2}$ of the time
 - About $\frac{1}{4}$ of the time
 - Never or Almost Never
 - Don't Know (Please provide a brief explanation (e.g. I mainly ate it at restaurants)).
-

52. Over the past 12 months how often did you eat **raspberries** (fresh, frozen or canned), including pie fillings?

- NEVER or less than once per month (skip to Question 53)
- 1 time per month
- 2 – 3 times per month
- 1 time per week
- 2 times per week
- 3 - 4 times per week
- 5 - 6 times per week
- 1 time per day
- 2 or more times per day

52b. How often were the **raspberries** prepared from a CAN?

- Always or Almost Always
 - About $\frac{3}{4}$ of the time
 - About $\frac{1}{2}$ of the time
 - About $\frac{1}{4}$ of the time
 - Never or Almost Never
 - Don't Know (Please provide a brief explanation (e.g. I mainly ate it at restaurants)).
-

52c. How often were the **raspberries** prepared from FROZEN?

- Always or Almost Always
 - About $\frac{3}{4}$ of the time
 - About $\frac{1}{2}$ of the time
 - About $\frac{1}{4}$ of the time
 - Never or Almost Never
 - Don't Know (Please provide a brief explanation (e.g. I mainly ate it at restaurants)).
-

53. Over the past 12 months how often did you eat **blueberries** (fresh, frozen or canned), including pie fillings?

- NEVER or less than once per month (skip to Question 54)
- 1 time per month
- 2 – 3 times per month
- 1 time per week
- 2 times per week
- 3 - 4 times per week
- 5 - 6 times per week
- 1 time per day
- 2 or more times per day

UB-Diet Study Questionnaire

53b. How often were the **blueberries** prepared from a CAN?

- Always or Almost Always
 - About $\frac{3}{4}$ of the time
 - About $\frac{1}{2}$ of the time
 - About $\frac{1}{4}$ of the time
 - Never or Almost Never
 - Don't Know (Please provide a brief explanation (e.g. I mainly ate it at restaurants)).
-

53c. How often were the **blueberries** prepared from FROZEN?

- Always or Almost Always
 - About $\frac{3}{4}$ of the time
 - About $\frac{1}{2}$ of the time
 - About $\frac{1}{4}$ of the time
 - Never or Almost Never
 - Don't Know (Please provide a brief explanation (e.g. I mainly ate it at restaurants)).
-

54. Over the past 12 months how often did you eat **any other types of berries**, such as blackberries or cranberries (fresh, frozen or canned), including pie fillings?

- NEVER or less than once per month (skip to Question 55)
- 1 time per month
- 2 – 3 times per month
- 1 time per week
- 2 times per week
- 3 - 4 times per week
- 5 - 6 times per week
- 1 time per day
- 2 or more times per day

54b. How often were the **berries** prepared from a CAN?

- Always or Almost Always
 - About $\frac{3}{4}$ of the time
 - About $\frac{1}{2}$ of the time
 - About $\frac{1}{4}$ of the time
 - Never or Almost Never
 - Don't Know (Please provide a brief explanation (e.g. I mainly ate it at restaurants)).
-

54c. How often were the **berries** prepared from FROZEN?

- Always or Almost Always
 - About $\frac{3}{4}$ of the time
 - About $\frac{1}{2}$ of the time
 - About $\frac{1}{4}$ of the time
 - Never or Almost Never
 - Don't Know (Please provide a brief explanation (e.g. I mainly ate it at restaurants)).
-

UB-Diet Study Questionnaire

55. Over the past 12 months how often did you eat **peaches** (fresh, frozen or canned)?

- NEVER or less than once per month (skip to Question 56)
- 1 time per month
- 2 – 3 times per month
- 1 time per week
- 2 times per week
- 3 - 4 times per week
- 5 - 6 times per week
- 1 time per day
- 2 or more times per day

55b. How often were the **peaches** prepared from a CAN?

- Always or Almost Always
 - About $\frac{3}{4}$ of the time
 - About $\frac{1}{2}$ of the time
 - About $\frac{1}{4}$ of the time
 - Never or Almost Never
 - Don't Know (Please provide a brief explanation (e.g. I mainly ate it at restaurants)).
-

55c. How often were the **peaches** prepared from FROZEN?

- Always or Almost Always
 - About $\frac{3}{4}$ of the time
 - About $\frac{1}{2}$ of the time
 - About $\frac{1}{4}$ of the time
 - Never or Almost Never
 - Don't Know (Please provide a brief explanation (e.g. I mainly ate it at restaurants)).
-

56. Over the past 12 months how often did you eat **pineapple** (fresh, frozen or canned)?

- NEVER or less than once per month (skip to Question 57)
- 1 time per month
- 2 – 3 times per month
- 1 time per week
- 2 times per week
- 3 - 4 times per week
- 5 - 6 times per week
- 1 time per day
- 2 or more times per day

56b. How often was the **pineapple** prepared from a CAN?

- Always or Almost Always
 - About $\frac{3}{4}$ of the time
 - About $\frac{1}{2}$ of the time
 - About $\frac{1}{4}$ of the time
 - Never or Almost Never
 - Don't Know (Please provide a brief explanation (e.g. I mainly ate it at restaurants)).
-

UB-Diet Study Questionnaire

56c. How often was the **pineapple** prepared from FROZEN?

- Always or Almost Always
 About $\frac{3}{4}$ of the time
 About $\frac{1}{2}$ of the time
 About $\frac{1}{4}$ of the time
 Never or Almost Never
 Don't Know (Please provide a brief explanation (e.g. I mainly ate it at restaurants)).
-

57. Over the past 12 months how often did you eat **mixed fruit or fruit cocktail** (fresh, frozen or canned)?

- NEVER or less than once per month (skip to Question 58)
 1 time per month
 2 – 3 times per month
 1 time per week
 2 times per week
 3 - 4 times per week
 5 - 6 times per week
 1 time per day
 2 or more times per day

57b. How often was the **mixed fruit and fruit cocktail** prepared from a CAN?

- Always or Almost Always
 About $\frac{3}{4}$ of the time
 About $\frac{1}{2}$ of the time
 About $\frac{1}{4}$ of the time
 Never or Almost Never
 Don't Know (Please provide a brief explanation (e.g. I mainly ate it at restaurants)).
-

57c. How often was the **mixed fruit or fruit cocktail** prepared from FROZEN?

- Always or Almost Always
 About $\frac{3}{4}$ of the time
 About $\frac{1}{2}$ of the time
 About $\frac{1}{4}$ of the time
 Never or Almost Never
 Don't Know (Please provide a brief explanation (e.g. I mainly ate it at restaurants)).
-

58. Please list any other FRUITS not listed above that you eat, at least once per week, the number of servings you eat per week or day and the typical source (can, fresh, frozen, don't know).

Fruit	Servings per week or day	Canned, fresh, frozen, don't know

UB-Diet Study Questionnaire

59. In the past 12 months how often did you consume **stews and curries**?

- NEVER or less than once per month (skip to Question 60)
- 1 time per month
- 2 – 3 times per month
- 1 time per week
- 2 times per week
- 3 - 4 times per week
- 5 - 6 times per week
- 1 time per day
- 2 or more times per day

59b. How often were the **stews or curries** prepared from a CAN?

- Always or Almost Always
 - About $\frac{3}{4}$ of the time
 - About $\frac{1}{2}$ of the time
 - About $\frac{1}{4}$ of the time
 - Never or Almost Never
 - Don't Know (Please provide a brief explanation (e.g. I mainly ate it at restaurants)).
-

59c. How often were the **stews or curries** prepared from FROZEN or PREPACKAGED MIX (not canned)?

- Always or Almost Always
 - About $\frac{3}{4}$ of the time
 - About $\frac{1}{2}$ of the time
 - About $\frac{1}{4}$ of the time
 - Never or Almost Never
 - Don't Know (Please provide a brief explanation (e.g. I mainly ate it at restaurants)).
-

60. In the past 12 months how often did you eat **chili** (with meat of beans)?

- NEVER or less than once per month (skip to Question 61)
- 1 time per month
- 2 – 3 times per month
- 1 time per week
- 2 times per week
- 3 - 4 times per week
- 5 - 6 times per week
- 1 time per day
- 2 or more times per day

60b. How often was the **chili** prepared from a CAN?

- Always or Almost Always
 - About $\frac{3}{4}$ of the time
 - About $\frac{1}{2}$ of the time
 - About $\frac{1}{4}$ of the time
 - Never or Almost Never
 - Don't Know (Please provide a brief explanation (e.g. I mainly ate it at restaurants)).
-

UB-Diet Study Questionnaire

60c. How often were the **chili** prepared from FROZEN or PREPACKAGED MIX (not canned)?

- Always or Almost Always
 - About $\frac{3}{4}$ of the time
 - About $\frac{1}{2}$ of the time
 - About $\frac{1}{4}$ of the time
 - Never or Almost Never
 - Don't Know (Please provide a brief explanation (e.g. I mainly ate it at restaurants)).
-

61. In the past 12 months how often did you eat **spaghetti or another pasta with tomato sauce**?

- NEVER or less than once per month (skip to Question 62)
- 1 time per month
- 2 – 3 times per month
- 1 time per week
- 2 times per week
- 3 - 4 times per week
- 5 - 6 times per week
- 1 time per day
- 2 or more times per day

61b. How often was the **spaghetti or other pasta in tomato sauce** prepared from a CAN?

- Always or Almost Always
 - About $\frac{3}{4}$ of the time
 - About $\frac{1}{2}$ of the time
 - About $\frac{1}{4}$ of the time
 - Never or Almost Never
 - Don't Know (Please provide a brief explanation (e.g. I mainly ate it at restaurants)).
-

61c. How often was the **spaghetti or other pasta in tomato sauce** prepared from FROZEN or PREPACKAGED MIX (not canned)?

- Always or Almost Always
 - About $\frac{3}{4}$ of the time
 - About $\frac{1}{2}$ of the time
 - About $\frac{1}{4}$ of the time
 - Never or Almost Never
 - Don't Know (Please provide a brief explanation (e.g. I mainly ate it at restaurants)).
-

62. In the past 12 months how often did you eat **pasta with oil, cheese or cream sauce** (including macaroni and cheese)?

- NEVER or less than once per month (skip to Question 63)
- 1 time per month
- 2 – 3 times per month
- 1 time per week
- 2 times per week
- 3 - 4 times per week
- 5 - 6 times per week
- 1 time per day
- 2 or more times per day

UB-Diet Study Questionnaire

62b. How often was the **pasta in oil, cheese or cream sauce** prepared from FROZEN or PREPACKAGED MIX (not canned)?

- Always or Almost Always
 - About $\frac{3}{4}$ of the time
 - About $\frac{1}{2}$ of the time
 - About $\frac{1}{4}$ of the time
 - Never or Almost Never
 - Don't Know (Please provide a brief explanation (e.g. I mainly ate it at restaurants)).
-

63. In the past 12 months how often did you eat **Asian-style (stir-fried) noodles and rice** such as chow mein, fried rice and Pad Thai?

- NEVER or less than once per month (skip to Question 64)
- 1 time per month
- 2 – 3 times per month
- 1 time per week
- 2 times per week
- 3 - 4 times per week
- 5 - 6 times per week
- 1 time per day
- 2 or more times per day

63b. How often were the **Asian-style noodles and rice** prepared from a CAN?

- Always or Almost Always
 - About $\frac{3}{4}$ of the time
 - About $\frac{1}{2}$ of the time
 - About $\frac{1}{4}$ of the time
 - Never or Almost Never
 - Don't Know (Please provide a brief explanation (e.g. I mainly ate it at restaurants)).
-

63c. How often were the **Asian-style noodles and rice** prepared from FROZEN or PREPACKAGED MIX (not canned)?

- Always or Almost Always
 - About $\frac{3}{4}$ of the time
 - About $\frac{1}{2}$ of the time
 - About $\frac{1}{4}$ of the time
 - Never or Almost Never
 - Don't Know (Please provide a brief explanation (e.g. I mainly ate it at restaurants)).
-

64. In the past 12 months how often did you eat **soup** (any type)?

- NEVER or less than once per month (skip to Question 65)
- 1 time per month
- 2 – 3 times per month
- 1 time per week
- 2 times per week
- 3 - 4 times per week
- 5 - 6 times per week
- 1 time per day
- 2 or more times per day

UB-Diet Study Questionnaire

64b. How often was the **soup** prepared from a CAN?

- Always or Almost Always
 - About $\frac{3}{4}$ of the time
 - About $\frac{1}{2}$ of the time
 - About $\frac{1}{4}$ of the time
 - Never or Almost Never
 - Don't Know (Please provide a brief explanation (e.g. I mainly ate it at restaurants)).
-

64c. How often was the **soup** prepared from FROZEN or PREPACKAGED MIX (not canned)?

- Always or Almost Always
 - About $\frac{3}{4}$ of the time
 - About $\frac{1}{2}$ of the time
 - About $\frac{1}{4}$ of the time
 - Never or Almost Never
 - Don't Know (Please provide a brief explanation (e.g. I mainly ate it at restaurants)).
-

65. In the past 12 months how often did you eat **microwave meals or frozen entrees**?

- NEVER or less than once per month
- 1 time per month
- 2 – 3 times per month
- 1 time per week
- 2 times per week
- 3 - 4 times per week
- 5 - 6 times per week
- 1 time per day
- 2 or more times per day

66. Please list any other MIXED DISHES not listed above that you eat from at least once per week, the number of servings you eat per week or day, and whether it is typically prepared fresh, from a can, frozen or from a package (non-canned).

Mixed Dish	Servings per week or day	Canned, fresh, frozen, packaged, don't know

Beverage Intake Details

67. In the past 12 months how often did you typically drink **water** (including tap, bottled, and carbonated)?

- 1 time per month
- 2 – 3 times per month
- 1 time per week
- 2 times per week
- 3 - 4 times per week
- 5 - 6 times per week
- 1 time per day
- 2 or more times per day

UB-Diet Study Questionnaire

67b. How often was the **water** you drank TAP WATER?

- Always or Almost Always
 - About $\frac{3}{4}$ of the time
 - About $\frac{1}{2}$ of the time
 - About $\frac{1}{4}$ of the time
 - Never or Almost Never
 - Don't Know (Please provide a brief explanation (e.g. I mainly ate it at restaurants)).
-

67c. When you drank **tap water** what did you typically drink the water from?

- In a cup, glass or mug made of glass
- In a cup, glass or mug made of plastic
- In a reusable METAL bottle
- In a reusable PLASTIC bottle
- Other (Please Specify: _____)

67d. How often was the **water** you drank BOTTLED WATER?

- Always or almost always
- About $\frac{3}{4}$ of the time
- About $\frac{1}{2}$ of the time
- About $\frac{1}{4}$ of the time
- Never or rarely drink

68. In the past 12 months how often did you typically drink **tomato or vegetable juice**?

- NEVER or less than once per month (skip to Question 69)
- 1 time per month
- 2 – 3 times per month
- 1 time per week
- 2 times per week
- 3 - 4 times per week
- 5 - 6 times per week
- 1 time per day
- 2 or more times per day

68b. When you drank **tomato or vegetable juice** was it MOST OFTEN:

- Canned
- Bottled, plastic
- Bottled, glass
- Other (Please specify: _____)

69. In the past 12 months how often did you typically drink **soft drinks** (including energy drinks)?

- NEVER or less than once per month (skip to Question 70)
- 1 time per month
- 2 – 3 times per month
- 1 time per week
- 2 times per week
- 3 - 4 times per week
- 5 - 6 times per week
- 1 time per day
- 2 or more times per day

UB-Diet Study Questionnaire

69b. When you consumed **soft drinks** were they MOST OFTEN:

- Canned
- Bottled, plastic
- Bottled, glass
- Soda Fountain (such as in some restaurants)
- Other (Please specify:_____)

70. In the past 12 months how often did you typically drink **beer**?

- NEVER or less than once per month (skip to Question 71)
- 1 time per month
- 2 – 3 times per month
- 1 time per week
- 2 times per week
- 3 - 4 times per week
- 5 - 6 times per week
- 1 time per day
- 2 or more times per day

70b. If you consumed **beer** was it MOST OFTEN:

- Canned
- Bottled, plastic
- Bottled, glass
- From a tap
- Other (Please specify:_____)

71. In the past 12 months how often did you drink **protein shakes or meal replacement drinks**?

- NEVER or less than once per month (skip to Question 72)
- 1 time per month
- 2 – 3 times per month
- 1 time per week
- 2 times per week
- 3 - 4 times per week
- 5 - 6 times per week
- 1 time per day
- 2 or more times per day

71b. When you drank **protein shakes or meal replacement drinks** were they MOST OFTEN:

- Canned
- Bottled, plastic
- Prepared at a restaurant
- Other (Please specify:_____)

UB-Diet Study Questionnaire

72. In the past 12 months how often did you drink **fruit drinks**, (such as Hi-C®, Kool-Aid®, and Hawaiian Punch®)?

- NEVER or less than once per month (skip to Question 73)
- 1 time per month
- 2 – 3 times per month
- 1 time per week
- 2 times per week
- 3 - 4 times per week
- 5 - 6 times per week
- 1 time per day
- 2 or more times per day

72b. When you drank **fruit drinks** were they MOST OFTEN:

- Prepared from concentrate
- Canned
- Bottled, plastic
- Bottled, glass
- Cardboard carton
- Other (Please specify: _____)

73. In the past 12 months how often did you drink **fruit juices**, (such as orange, apple, grape, and cranberry)?

- NEVER or less than once per month (skip to Question 74)
- 1 time per month
- 2 – 3 times per month
- 1 time per week
- 2 times per week
- 3 - 4 times per week
- 5 - 6 times per week
- 1 time per day
- 2 or more times per day

73b. When you drank **fruit juices** were they MOST OFTEN:

- Prepared from concentrate
- Canned
- Bottled, plastic
- Bottled, glass
- Cardboard carton
- Other (Please specify: _____)

74. In the past 12 months how often did you drink **coffee**?

- NEVER or less than once per month (skip to Question 75)
- 1 time per month
- 2 – 3 times per month
- 1 time per week
- 2 times per week
- 3 - 4 times per week
- 5 - 6 times per week
- 1 time per day
- 2 or more times per day

UB-Diet Study Questionnaire

74b. When you drank **coffee** was it MOST OFTEN:

- Prepared from beans/grounds, any package type
- Single-serve coffee capsules, plastic (such as Keurig®)
- Single-serve coffee capsules, metal (such as Nespresso®)
- Ready-to-drink, canned (such as Starbuck's® DoubleShot)
- Ready-to-drink, plastic
- Pre-made, glass bottle
- Other (Please specify:_____)

75. In the past 12 months how often did you drink **tea** (both hot and iced tea)?

- NEVER or less than once per month
- 1 time per month
- 2 – 3 times per month
- 1 time per week
- 2 times per week
- 3 - 4 times per week
- 5 - 6 times per week
- 1 time per day
- 2 or more times per day

75b. When you drank **tea** was it MOST OFTEN:

- Prepared from loose tea leaves or tea bags
- Ready to drink, in a can
- Ready to drink, in a plastic bottle
- Ready to drink, in a glass bottle
- Other (Please specify:_____)

You have reached the end of this questionnaire. Thank you for your time and participation in this study!

