



OMB #0925-0560 Exp. Date: 03/31/2009

#### FAB STUDY FOOD ATTITUDES AND BEHAVIORS SURVEY ANNOTATED VERSION

Dear Panel Member,

These questions are for the person whose age and gender appears above. This may be you. Please make sure the appropriate person in your household answers these questions. It is <u>very</u> important that only that person answers the questions.

#### TO THE PERSON WHOSE AGE AND SEX APPEAR ABOVE:

Today I would like to invite you to participate in an important study about how people like you make decisions about what to eat and drink. This study is sponsored by the National Institutes of Health (NIH). As a thank-you, you will receive \$5.00 after completing this mail survey.

Please try to complete and return the survey within the next <u>7 days</u>. The results of this survey will help make an important contribution to the goal of better understanding the food choices people make.

The survey includes a wide range of questions about you and your attitudes and opinions regarding food. It is extremely important that you answer the survey questions carefully and accurately. The best responses to the questions are those that describe your situation.

Please carefully read the instructions at the beginning of each section. You will find that most of the questions can be answered by marking an "X" in the box that best expresses your answer.

Your participation in this survey is completely voluntary. Please know that your responses will be kept confidential as required by law, and will not be shared with anyone not involved with conducting the study. Neither your name nor any other information about your identity will be provided to the sponsors of this survey. The information you provide will be combined with information from everyone that participates in the study before delivering it to the National Institutes of Health. You may skip any question that you prefer not to answer. This survey should take about 25 minutes to complete.

Thank you so much for helping with this important survey. I'm looking forward to receiving your answers. A postage-paid envelope is provided for your convenience.

Cordially,

Wane

Marie Brighton Panel Director

#### NOTIFICATION TO RESPONDENT OF ESTIMATED BURDEN

Public reporting burden for this collection of information is estimated to average 25 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to: NIH, Project Clearance Office, 6701 Rockledge Drive, MSC 7730, Bethesda, MD 20892-7730, ATTN: PRA (0925-0560). Do not return completed form to this address.

#### **SECTION 1 – ATTITUDES AND OPINIONS**

#### 1. Please enter TODAY'S DATE here: Q1MM Q1DD Q1YYYY

2. For each statement listed, put an "X" in the box that best indicates how much you personally agree or disagree with that statement. Use the scale of 1 (Strongly Disagree) to 5 (Strongly Agree). If you don't understand a statement or don't have an opinion, please select "DOES NOT APPLY". ("X" ONE BOX ON EACH LINE)

	strongly <u>disagree</u> 1	2	3	4	STRONGLY <u>AGREE</u> 5	DOES NOT <u>APPLY</u>
I enjoy trying new foods Q2A						
I eat more fruits and vegetables than other people I know Q2B						
My family or friends would be willing to eat a vegetarian or vegetable-based meal <b>Q2C</b>						
I would feel out of place eating fruits and vegetables at a party where everyone is eating other foods Q2D						
I like sweet foods Q2E						
I eat enough fruits and vegetables to keep me healthy Q2F						
I often encourage my family and friends to eat fruits and vegetables Q2G						
Dinner doesn't seem right without meat (chicken, pork, beef) as a main course Q2H						
After I eat a meal without meat, I still feel hungry Q21						
My family or friends encourage me to eat fruits and vegetables Q2J						
My family or friends remind me not to eat junk food Q2K						
Vegetarians are a bit "different" Q2L						
Fast food places offer enough choices of fruits and vegetables on their menus Q2M						
Other restaurants (not fast food) offer enough choices of fruits and vegetables on their menus Q2N						
Government recommendations for healthy eating are confusing Q20						
I like salty foods Q2P						
I think meals should include some meat Q2Q						
My family or friends would say something to me if they saw I was not eating fruits and vegetables <b>Q2R</b>						
When it comes to food, I'm a creature of habit. I eat the same things all the time <b>Q2S</b>						
I like spicy foods Q2T						
My family and friends often eat fruits and vegetables when we are together <b>Q2U</b>						
I consider myself to be a spiritual person Q2V						
I often forget to eat fruits and vegetables because they are stored out of sight Q2W						
My family and friends would be annoyed if I encouraged them to eat fruits and vegetables Q2X						
I like tart or sour foods (like sauerkraut, pickles, and grapefruit) Q2Y						
What I eat doesn't really affect my health Q2Z						
I am usually among the first of my friends to try new food/nutrition products Q2AA						
It's hard for me to eat more vegetables because I don't know how to prepare them Q2BB						
I don't understand how someone could be a vegetarian						

	STRONGLY <u>DISAGREE</u>				STRONGLY <u>AGREE</u>	DOES NOT APPLY
	1	2	3	4	5	
I don't pay attention to government recommendations about what I should eat Q2DD						
I consider myself to be religious Q2EE						
It is hard for me to purchase fruits and vegetables in my neighborhood Q2FF						
When I eat out, it is easy for me to get fruits and vegetables <b>Q2GG</b>						

 For each statement listed, put an "X" in the box that best indicates how much you personally agree or disagree with that statement. Use the scale of 1 (Strongly Disagree) to 5 (Strongly Agree). ("X" ONE BOX ON EACH LINE)

I don't eat fruits and vegetables as much as I like to because:	strongly <u>disagree</u> 1	2	3	4	STRONGLY <u>AGREE</u> 5
They cost too much Q3A					
They often spoil before I get a chance to eat them Q3B					
They take too much time to prepare Q3C					
They are not filling enough Q3D					
My family doesn't like them Q3E					
The restaurants I go to don't serve fruit Q3F					
The restaurants I go to don't serve vegetables Q3G					
I have trouble digesting them Q3H					
I don't know how to choose fresh fruits and vegetables Q3I.					
I just don't think of fruits and vegetables when I'm looking for something to eat Q3J					
They are too messy Q3K					

4. About how many <u>CUPS</u> of fruits and vegetables does the government recommend that adults should eat each day? (CHOOSE ONLY ONE ANSWER)

	Q4NS Q4CUPS I am really not sure OR cups per day (WRITE IN NUMBER)
5.	About how many <u>SERVINGS</u> of fruits and vegetables does the government recommend that adults should eat each day? (CHOOSE ONLY ONE ANSWER)
	Q5NS Q5SERV I am really not sure OR servings per day (WRITE IN NUMBER)
6.	When you were growing up, which BEST describes how often you ate fruit?("X" ONE BOX)Q6
	More than once a dayImage: More than once a weekImage: More than on
7.	When you were growing up, which BEST describes how often you ate vegetables? ("X" ONE BOX) Q7
	More than once a dayImage: More than once a weekImage: A few times a monthImage: A few times a monthAbout once a dayImage: Once a weekImage: A few times a monthImage: A few times a month
8.	When you were growing up, which BEST describes your overall physical activity patterns, that is, engaging in activities such as biking, swimming, team sports, brisk walking, etc.?("X" ONE BOX)Q8
	Not at all activeImage: Second se
9.	For each of the following foods, please indicate whether you consider it to be a vegetable, fruit, or something else. ("X" ONE BOX ON EACH LINE)
	SOMETHING

	COME THING					
	VEGETABLE	<u>FRUIT</u>	ELSE	NOT SURE		
Black beans Q9A						
Ketchup Q9B						
Rice Q9C						
Grape jelly Q9D						
Potatoes Q9E						
Tofu Q9F						
Wheat Q9G						
Tomatoes Q9H						

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Don't know	"Fruits and Vegetab "Fruits and Veggies	les: Way to Hea	th" 🛛 "3 a [	bles? ("X" ONE BOX) Q10 Day for Healthy Bones" Day for Better Health"	
SECTION 2 – YOUR H	EALTH				
11. In general, would yo	u aav vaur baalth ia	(" <b>X</b> " ONE DOX)			
Excellent	Very Good	. ,	_	. 🗆 Poor 🗆	
12. What is your height	and weight without sl	10es? (WRITE IN	)		
Height: Q1	<mark>2FT Q12IN</mark> FeetInc	hes			
	2WT				
Weight:	Pounds				
13. How do you describ		-			
VERY <u>UNDERWEIGHT</u>	SLIGHTLY <u>UNDERWEIGHT</u>	ABOUT THE RIGHT WEIGHT	SLIGHTLY <u>OVERWEIGHT</u>	VERY <u>OVERWEIGHT</u>	
14. Are you currently try	/ing to gain weight, lo	se weight, or n	either?("X" ONE BOX	) Q14	
	GAIN WEIGHT	LOSE WEIGHT	NEITHER OF THESE	,	
15. How often have you	worried about your o	verall health in	the past year?("X"	ONE BOX) Q15	
Not at all□	A little	Somewhat	Quite a bit	All the time	
16. How much has worr	ying about your healt	h led you to ch	ange the way you ate	e in the past year?("X" or	NE BOX)
Not at all	A little	Somewhat	Quite a bit	All the time	
17. Have you smoked at ("X" ONE BOX) Q17	least 100 cigarettes i	n your entire lif	e? One hundred ciga	arettes is equal to 5 packs	6.
No	know/Not sure		NUE TO QUESTION 18) O QUESTION 19)		
Some	c <b>igarettes every day</b> , s y day l e days l t all l		not at all? ("X" ONE Bo	ЭХ) <mark>Q18</mark>	
SECTION 3 – SHOPPIN	G				
	ood shopper(s) in you opping most often.('			opper(s) is the person(s)	who
I am Spouse or partner		ake turns jo together		arent	
20. Where does the prin	harv food chonner(c)	an arnoniu cho	ning? ("Y" ALL THAT		
Large chain grocery stor				such as Wal-Mart)Q20F	[
Natural or organic super			Online delivery (such	as Peapod or Fresh Direct)	) _
(such as Whole Foods		🛛			_
Small local store or corn Convenience store (such			Farmer's market/co-o	p <mark>Q20</mark> I	C
Q20D Warehouse club store (s		Costco)	Don't know Q20J		C

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IUSC	J

21. How often does the primary food shopper(s) <u>go out of their way or make a special effort</u> to go to a particular store to buy fresh or high quality fruits or vegetables? ("X" ONE BOX) Q21								
More than once a week  Once a week	Every other week Once a month	Every other month 2-3 times a year	Yearly or not at all Don't know					
22. In the summer, how often does the primary food shopper(s) get fruits and vegetables from a farmer's market, roadside stand, pick-your-own produce farm or Community Supported Agriculture (CSA)? Q22 ("X" ONE BOX)								
More than once a week  Once a week	Every other week Once a month	Less than once a month o Don't know						
SECTION 4 – WHAT YOU EAT AN								
23. On average, about how many of (8 oz. of water is equal to one cu ("X" ONE BOX) Q23								
None	1-3 cups 🛛	4-7 cups 🛛	8 or more cups 🛛					
24. How often do you eat pre-wash or cut-up fruit? ("X" ONE BOX.								
More than once a week  Once a week	Every other week Once a month	Every other month 2-3 times a year	Yearly or not at all 🛛 Don't know 🖓					
25. How often do you get drinks fr ("X" ONE BOX.) Q25	om coffee places such as	Starbucks, Caribou Coffe	e, and others?					
One or more times a day $\Box$ More than once a week $\Box$	Once a week $\Box$ Every other week $\Box$	Once a month □	2-3 times a year □ Yearly or not at all □					
26. How many times a week do yo Wendy's, Taco Bell, Pizza Hut,			McDonald's, Burger King,					
	(WRITE IN NUMBER)	Meals per week						
27. How many times a week do yo	u eat a meal while watchir	ng television? Consider b	reakfast, lunch, and dinner.					
	(WRITE IN NUMBER)	Meals per week						
28. How many times a week do yo	u eat <u>dinner</u> sitting around	d a table with family or frie	ends? Q28					
	(WRITE IN NUMBER)	_ Dinners per week						
The next two questions ask about The following boxes provide some								
1 cup of fruit         could be:       1 small apple         1 large banana         1 large orange         8 large strawberr         1 medium pear         2 large plums         32 seedless grap         1 cup (8 oz.) of 1         ½ cup of dried fru         1 small wedge of	oes 00% juice	1 2 1: 1 1 1 1 1 2	broccoli spears, 5 in. long cup of cooked leafy greens cups of lettuce or raw greens 2 baby carrots medium potato large sweet potato large ear of corn large raw tomato large celery stalks cup of cooked beans					

# 29. About how many cups of FRUIT (including 100% pure fruit juice) do you eat or drink each day? Q29 ("X" ONE BOX)

None	
1/2 cup or less	

<sup>1</sup>∕₂ to 1 cup ..... □ 1-2 cups ..... □ 2-3 cups .....

4 cups or more ......  $\Box$ 

30. About how many cups of VEGETABLES (including 100% vegetable juice) do you eat or drink each day? ("X" ONE BOX) Q30

None	$\Box$
$^{1\!\!/_{\!\!2}}$ cup or less	

½ to 1 cup ..... □ 1-2 cups ..... 2-3 cups ..... 3-4 cups ..... 🛛

4 cups or more ......

31. 1	[hinki	ng about yourself, if you	were to eat plenty of	fruits and vegetab	oles every day, how	w likely would you be
t	o (	("X" ONE BOX ON EACH LINE	, USING THE SCALE OF 1,	, NOT AT ALL LIKELY,	TO 5, VERY LIKELY.)	

	NOT AT ALL <u>LIKELY</u> 1	2	3	4	VERY <u>LIKELY</u> 5
Have more energy Q31A					
Live a long life Q31B					
Control your weight Q31C					
Look better (appearance) Q31D					
Be "regular" (have regular bowel movements) Q31E					
Feel good about yourself Q31F					

32. The following questions are about what motivates you to eat fruits and vegetables. People have different reasons for eating fruits and vegetables, and we want to know how true the following reasons are for you. Please indicate the extent to which each reason is true for you, using the following 5-point scale. ("X" ONE BOX ON EACH LINE, USING THE SCALE OF 1, NOT TRUE AT ALL, TO 5, VERY TRUE.)

	NOT TRUE				VERY
A reason I eat fruits and vegetables is…	<u>AT ALL</u> 1	2	3	4	<u>TRUE</u> 5
Because I want to feel in control of my health Q32A	. 🗆				
Because I want to set a good example for my family Q32B	. 🗆				
Because I have a strong value for eating healthy Q32C	. 🗆				
Because I personally believe it is a good thing for my health Q32D	. 🗆				
Because others would be upset with me if I did not Q32E	. 🗆				
Because I have carefully thought about it and believe it is very important for me Q32F.	. 🗆				
Because I would feel better about myself if I did eat a healthy diet Q32G					
Because I would like to improve my physical health Q32H	. 🗆				
Because it is an important choice I really want to make Q32I	. 🗆				
Because I feel pressure from others to eat fruits and vegetables Q32J.	. 🗆				
Because it is consistent with my life goals Q32K	. 🗆				
Because I want others to approve of me Q32L	. 🗆				
Because it is important for being as healthy as possible Q32M	. 🗆				
Because it is easier to do what I am told than to think about it Q32N	. 🗆				
Because I want others to see I can do it Q320	. 🗆				
Because I want to take responsibility for my own health Q32P	. 🗆				
Because I want to set a good example for my community Q32Q	. 🗆				
Because it is important to treat my body with respect Q32R	. 🗆				
Because I don't want to let others down Q32S	. 🗆				

**SECTION 5 – PHYSICAL ACTIVITY** 

33. During the past month, did you participate in any physical activities or exercises such as running, basketball, gardening, dancing, or walking for exercise? ("X" ONE BOX) Q33

> Yes ..... No.....

→ (SKIP TO QUESTION 34a)

33a. In a typical week, how many days do you do any physical activity or exercise of at least moderate intensity, such as brisk walking, bicycling at a regular pace, and heavy gardening? Moderate-intensity activities make you breathe somewhat harder than normal. ("X" ONE BOX) Q33A

None	→	(SKIP TO QUESTION 34a)	4 days per week 🛛
1 day per week 🏼			5 days per week 🛛
2 days per week 🛛			6 days per week 🛛
3 days per week 🏼			7 days per week 🛛

33b. On the days that you do any physical activity or exercise of at least moderate intensity, how long are you typically doing these activities? (WRITE IN NUMBER BELOW).

	Q33B_HRS     Q33B_MIN       (WRITE IN NUMBER)     Hours
SECT	ION 6 – WHAT YOU ATE IN THE LAST MONTH
	questions are about the different kinds of foods you ate or drank during the LAST MONTH. Please include and snacks eaten at home, at work or school, in restaurants, or any place else.
34a.	During the last month, how often did you drink 100% PURE FRUIT JUICE, such as orange, apple, and grape juices? Do <u>NOT</u> include fruit drinks with added sugar, like Kool-aid, lemonade, Gatorade, fruit punch, and cranberry cocktail. ("X" ONE BOX) Q34A
	Never□5-6 times per week□4 times per day□1-3 times last month□1 time per day5 or more times per day5 or more times per day1-2 times per week□2 times per day□3-4 times per week□3 times per day□
34b.	About how much did you have <u>each time</u> you drank 100% fruit juice?("X" ONE BOX)Q34B
	Did not drink 100% fruit juice in the last month       1 ¼ to 2 cups (10 to 16 ounces)         Less than ¾ cup (less than 6 ounces)       1 ¼ to 2 cups (10 to 16 ounces)         ¾ to 1 ¼ cup (6 to 10 ounces)       1
35a.	During the last month, how often did you eat FRUIT? Count fresh, frozen, and canned fruit. Do NOT count juices. ("X" ONE BOX) Q35A
	NeverImage: S-6 times per weekImage: S-6 times per dayImage: S-6 times per day
35b.	About how much did you have each time you ate fruit? ("X" ONE BOX) Q35B
	Did not eat fruit in the last month       Image: About 1 cup or 1 large fruit         Less than ½ cup or less than 1 medium fruit       Image: About 1 cup or 1 large fruit         About ½ cup or 1 medium fruit       Image: About 1 cup or 1 large fruit
36a.	During the last month, how often did you eat lettuce or a green, leafy SALAD, with or without other vegetables? (INCLUDE SPINACH SALADS) ("X" ONE BOX) Q36A
	NeverImage: Solution of the systemImage: Solution of the systemImage: Solution of the systemImage: Solution of the systemImage: Solution of the system1-3 times last monthImage: Transport times last monthImage: Transport times last monthImage: Solution of t
36b.	About how much did you have <u>each time</u> you ate salad?("X" ONE BOX) <mark>Q36B</mark>
	Did not eat salad in the last month        About 2 cups         More than 2 cups       About 1/2 cup        More than 2 cups
37a.	During the last month, how often did you eat FRENCH FRIES, home fries, or hash brown potatoes? ("X" ONE BOX) Q37A
	Never       □       5-6 times per week□       4 times per day□         1-3 times last month□       1 time per day□       5 or more times per day□         1-2 times per week□       2 times per day□       5 or more times per day□         3-4 times per week□       3 times per day□       □
37b.	About how much did you have <u>each time</u> you ate French fries, home fries, or hash brown potatoes? ("X" ONE BOX) Q37B
	Did not eat fried potatoes in the last month       About 2 cups (large order)         About 1 cup or less (small order)       About 3 cups or more (Super Size order or more)         About 1 ½ cups (medium order)

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38a.	During the last month, how often did you have other kinds of non-fried POTATOES? Count baked potatoes, boiled potatoes, mashed potatoes, and potato salad. (INCLUDE YAMS, SWEET POTATOES, RED-SKINNED, AND YUKON GOLD POTATOES) ("X" ONE BOX) Q38A
	Never       □       5-6 times per week       □       4 times per day       □         1-3 times last month       □       1 time per day       □       5 or more times per day       □         1 or it       □       0 times day       □       1 times per day       □
	1-2 times per week    2 times per day      3-4 times per week    3 times per day
38b.	About how much did you have <u>each time</u> you ate non-fried potatoes?("X" ONE BOX)Q38B
	Did not eat other potatoes in the last month <sup>1</sup> to 1 <sup>1</sup> / <sub>2</sub> cups (1 large potato) <sup>1</sup> 1 to 1 <sup>1</sup> / <sub>2</sub> cups (1 large potato) <sup>1</sup> 1 <sup>1</sup> / <sub>2</sub> cups or more (2 medium potatoes or more) <sup>1</sup> 1 <sup>1</sup> / <sub>2</sub> to 1 cup (1 medium potato)
39a.	During the last month, how often did you eat COOKED DRIED BEANS, such as refried beans, baked beans, beans, bean soup, and pork and beans? Do NOT include green beans. ("X" ONE BOX) Q39A
	Never       □       5-6 times per week       □       4 times per day       □         1-3 times last month       □       1 time per day       □       5 or more times per day       □         1-2 times per week       □       2 times per day       □       5 or more times per day       □         3-4 times per week       □       3 times per day       □       □
39b.	About how much did you have <u>each time</u> you ate COOKED DRIED BEANS?("X" ONE BOX)Q39B
	Did not eat beans in the last month       1 to 1 ½ cup         Less than ½ cup       More than 1 ½ cups         ½ to 1 cup       1
	xt two questions are about other vegetables. The following box provides some examples of how much as one cup.
	1 cup of vegetables
	could be:       3 broccoli spears, 5 in. long         1 cup of cooked leafy greens         12 baby carrots         1 large ear of corn         1 large raw tomato         2 large celery stalks
40a.	During the last month, how often did you eat OTHER VEGETABLES? Examples of other vegetables include string beans, carrots, corn, peas, tomatoes, collard greens, and broccoli. (DO NOT COUNT LETTUCE SALADS, POTATOES, BEANS, RICE, OR ANYTHING YOU HAVE ALREADY COUNTED.) ("X" ONE BOX) Q40A
	Never 5-6 times per week 4 times per day
	1-3 times last month 1 time per day 5 or more times per day
	1-2 times per week       2 times per day         3-4 times per week       3 times per day
40b.	About how much did you have each time you ate OTHER VEGETABLES? ("X" ONE BOX) Q40B
	Did not eat other vegetables in the last month       1 to 2 cups         Less than ½ cup       More than 2 cups         ½ to 1 cup       Image: Comparison of the last month
41a.	During the last month, how often did you have TOMATO SAUCE, such as spaghetti sauce or pizza with tomato sauce? ("X" ONE BOX) Q41A
	Never       □       5-6 times per week       □       4 times per day       □         1-3 times last month       □       1 time per day       □       5 or more times per day       □         1-2 times per week       □       2 times per day       □       5 or more times per day       □         3-4 times per week       □       3 times per day       □       □
41b.	About how much did you have each time you ate TOMATO SAUCE? ("X" ONE BOX) Q41B
	Did not eat tomato sauce in the last month        About 1/4 cup         About 1 cup      About 1/4 cup        More than 1 cup

## 42. Think about the TYPES of fruits and vegetables you eat. Do you tend to eat the same types of fruits and vegetables all year round, or do you tend to eat different types of fruits and vegetables depending on what is "in season"? ("X" ONE BOX) Q42

I tend to eat the same types of fruits and vegetables all year round......  $\Box$ I tend to eat different types of fruits and vegetables depending on what is in season.........

#### 43. Do you currently consider yourself to be a vegetarian or vegan? ("X" ONE BOX) Q43

Yes...... Don't know......

## 44. Assuming that you want to, how confident are you that you could do each of the following starting this week and continuing for at least 1 month? ("X" ONE BOX ON EACH LINE, USING THE SCALE OF 1, NOT AT ALL CONFIDENT, TO 5, VERY CONFIDENT.)

How confident are you that you could	NOT AT ALL <u>CONFIDENT</u> 1	2	3	4	VERY <u>CONFIDENT</u> 5	DOES NOT <u>APPLY</u>
Eat a healthy snack, like a fruit or a vegetable, when you're really hungry? Q44A	. 🗆					
Eat healthy foods, like fruits or vegetables, when you are tired? Q44B						
Eat healthy foods, like fruits or vegetables, when there are junk foods in your house like chips, cookies, or candy? Q44C	. 🗆					
Eat fruit instead of cake, cookies, candy, ice cream, or other sweets for dessert? Q44D	. 🗆					
Eat fruits and vegetables when your family and friends are eating junk foods like chips, cookies, or candy? Q44E.	. 🗆					
Buy or bring fruits and vegetables to eat at work? Q44F						
Snack on fruits and vegetables rather than on junk foods while watching TV? Q44G	. 🗆					

#### **SECTION 7 – PREFERENCES**

### 45. Next, for each of the fruits listed below, mark the number that best describes how much you like or dislike each type of fruit. ("X" ONE BOX ON EACH LINE, USING THE SCALE OF 1, STRONGLY DISLIKE, TO 5, STRONGLY LIKE.)

	strongly <u>dislike</u> 1	2	3	4	STRONGLY <u>LIKE</u> 5	NEVER TRIED IT
Apples, applesauce Q45A						
Bananas Q45B						
Pears Q45C						
Watermelon Q45D						
Other melon (cantaloupe, honeydew) Q45E						
Peaches, nectarines, apricots Q45F						
Plums Q45G						
Grapes Q45H						
Oranges, tangerines Q451						
Strawberries Q45J						
Other berries (blueberries, raspberries, etc.) Q45K						
Grapefruit Q45L						
Kiwi Q45M						
Cherries Q45N						
Mango, papaya Q450						
Pineapple Q45P						
Dried fruit (raisins, figs, etc.) Q45Q						

### 46. For each vegetable listed below, mark the number that best describes how much you <u>like or dislike</u> each type. ("X" ONE BOX ON EACH LINE, USING THE SCALE OF 1, STRONGLY DISLIKE, TO 5, STRONGLY LIKE.)

	strongly <u>dislike</u> 1	2	3	4	STRONGLY <u>LIKE</u> 5	Never <u>Tried It</u>
Tomatoes, tomato sauce Q46A						
Broccoli Q46B						
Spinach (cooked) Q46C						
Collards, turnip greens, or mustard greens (cooked) Q46D						
String beans, green beans Q46E						
Asparagus Q46F						
Green, red, or yellow pepper Q46G						
Celery Q46H						
Cucumber Q461						
Peas Q46J						
Lima, red, pinto, kidney, lentils, and other beans Q46K						
Squash, zucchini Q46L						
Brussels sprouts Q46M						
Cauliflower Q46N						
Okra Q460						
Corn Q46P						
Carrots Q46Q						
Green salad Q46R						
Yams, sweet potatoes Q46s						
Baked potatoes, mashed potatoes, or potato salad Q46T						
Which, if any, of the following foods do you NOT eat?	("X" ALL	THAT APF	νLY)			
Red meat Carbs or starchy foods	Ado	led fat su	ch as butt	er, oil, or	mayo	

Red meat □	Carbs or starchy foods	Added fat such as butter, oil, or mayo	
Q47A	Q48D	Q47G	
Pork Q47B □	Chicken/poultry Q47E	Processed foods Q47H	
Fish <b>Q47C</b>	Sweets or sugary foods	I eat all of these things Q471	

**SECTION 8 – GENERAL** 

Now that you've answered questions about fruits and vegetables, please tell me a little more about yourself and the other things you do.

#### 48. Please tell me whether you consider each statement to be true or false. ("X" ONE BOX FOR EACH STATEMENT)

	TRUE	FALSE
I never hesitate to go out of my way to help someone in trouble Q48A		
I have never intensely disliked anyone Q48B		
There have been times that I was quite jealous of the good fortune of others Q48C		
I would never think of letting someone else be punished for my wrong doings Q48D		
I sometimes feel resentful when I don't get my way Q48E		
There have been times when I felt like rebelling against people in authority, even though I knew they were right Q48F		
I am always courteous, even to people who are disagreeable Q48G		
When I don't know something, I don't at all mind admitting it Q48H		
I can remember "playing sick" to get out of something Q481		
I am sometimes irritated by people who ask favors of me Q48J		

49.	Do you have any childre	n or grandchildre	n <u>und</u>	er 18	years old livir	ng at home with	<u>you</u> ? ("X"	ALL THAT APPLY)
	Yes, childre Yes, grando Q49B	en Q49A	}	(CON	ITINUE TO QUES	tion 50)		
	No Q49C	🗆	→	(SKIF	TO QUESTION	51)		
	Starting with the <u>YOUNC</u> who live at home with yo						Iren and/or	grandchildren
		Q50_1MM Q50_1YY			Q50_2MM Q50_2YY		Q50_3MM Q50_3YY	
	Child # 1:		Child	1 # 2:		Child # 3:		
51.	On average, how many l	nours of sleep do	you u	sually	/ get			
	a. On a typical weekn	ight (Sunday - Thur	sday)	? <mark>Q51</mark>	Α	(WRITE IN NUM	IBER)	hours/night
	b. On a typical weeke	nd night (Friday or S	Saturd	lay)?	Q51B	(WRITE IN NUM	IBER)	hours/night
	IN THE PAST WEEK, how work)? (ENTER NUMBER O ENTER "0".) Q52							
		(WRITE IN NU	MBER)		# of hours	last week		
53.	What is the total number	r of hours of televi	sion y	you w	vatch			
	a. During an average	week (add up Mond	day thr	rough	Friday)? Q53A	(WRITE IN NUM	IBER)	Hours
	b. During an average	weekend (add up S	aturda	ay and	d Sunday)? Q5	3B . (WRITE IN NUM	IBER)	Hours
54.	How often do you do yo	ga or pilates?("X	" ONF	BOX)	054			
Mor	e than once a week e a week	Every other week	🗆	Eve	ery other month			
55.	FOR WOMEN ONLY: Ar	e you currently pr	egnan	nt? ("	X" ONE BOX)	255		
	Yes	No		🗆				
56	Please indicate your ger	dor: ("Y" ONE BOX	056					
50.	Male	-		🗆				
57.	Please indicate your age	e: ("X" ONE BOX) Q	7					
		18 – 34 years						
		35 – 54 years 55 or older						
58	Are you Hispanic or Lati	ino? ("X" ONE BOX)	058					
00.		Yes						
		No		. 🗆				
59.	Which one or more of th	•	-	-	your race? ("	X" ALL THAT APPI	_Y) <mark>Q59</mark>	
				_				
				_				
		or Alaskan Native						
	Nalive Hawallan	or other Pacific Isla	nuer .	. 🗀				
60.	Please indicate the high		-		ve received: (	"X" ONE BOX) Q6	0	
		school degree gree						
	Some college, bu	it not a college degr degree or higher	ee	. 🗆				
61.	Please enter TODAY'S D date not captured in data, info	ATE here:		in O1				
	THANK YOU! PLEAS							
		IF THE ENVEL	OPE	IS M	ISSING, PLE	ASE SEND TO	):	-
	STNUVAL	E GLOBAL OPIN		ran	⊏LЭ, P.U. BO	77 2030, CHICA	4GU, IL 60	000