

Mariana Islands Food Intake Survey

Use a black lead pencil to fill in the bubbles.

Do not use a ball point pen.

Please mark like this:

① ● ③ ④

Do not mark your response like this:

- Bubbles must be completely shaded.
- Unless indicated, shade in only one bubble.

These questions are about your usual eating habits DURING THE LAST YEAR - this includes everything that you consumed during meals, snacks, at home, at work, in the car, eating out, etc. For each food group, please fill in the circle that best describes how often you ate those items and then fill in the circle that best describes your USUAL SERVING SIZE.

Most categories include examples. They are only suggestions, and you may not have eaten all of the listed items. Some ethnic foods are also listed. If you don't recognize the name, you probably don't eat that item.

For each item, please include any fresh, frozen, canned, and packaged foods you ate, such as TV dinners, frozen entrees, vegetables, or side dishes.

If you do not eat an item, or if you ate an item less than once a month, fill in the circle in the first column. DO NOT LEAVE BLANKS. It is not necessary to choose a serving size for these items.

Example: This person ate a small bowl of cream of mushroom soup 2 to 3 times a month, and never ate dried bean or pea soup.

SOUPS AND NOODLES	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	
Cream Soups (such as chowder, cream of mushroom, cream of tomato)	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE ONLY <input type="radio"/> 1/2 cup or less <input checked="" type="radio"/> Small bowl (about 1 cup) <input type="radio"/> Large bowl (2 cups more)
									<input type="radio"/> <input type="radio"/> <input type="radio"/>

As you complete this questionnaire, please:

- include FRESH, FROZEN, CANNED, FAST-FOOD, and PACKAGED food items,
- complete every line,
- make use of the pictures at the top of the page to help you estimate your USUAL SERVING SIZE,
- keep in mind that "1 cup" refers to an 8-ounce (240 ml) measuring cup.