



How to Fill Out Food Frequency Questionnaires

Please read the instructions on the Food Frequency Questionnaire before you begin filling it out. Additional instructions appear below.

- **Page 1** - Please be sure that you fill out BOTH columns, as shown here:



Food item	Average weekly servings	Serving size:			Size of an average serving
		Lg.	Av.	Sm.	
Red meat (beef, pork and ham, veal, lamb)	<u>6</u>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4 ounces
Meat dishes (casserole, taco, pizza, meat sauce)	<u>1</u>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1 cup of casserole, 1 taco or pizza slice
Chicken or turkey	<u>2</u>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	1 lg. or 2 sm. pieces
Fish or shellfish, including fish canned in water	<u>0</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4 ounces, 1/2 can

The size of an average serving is listed in the right hand column. If your portions are larger than this, check "Lg." If they are smaller, check "Sm."

- **Page 2** - Items are again listed with average serving sizes on the right. Please write in the number of servings **of that size** you eat each week. For example, a serving of cheese is 1 slice. If you eat 3 slices of cheese twice per week, that's 6 servings.

Food Item	Average weekly servings	Size of an average serving
Whole eggs or egg yolks	<u>3</u>	1 egg or yolk
Milk, yogurt or cottage cheese	<u>4</u>	1 cup (8 ounces)
Cheese or cream cheese	<u>6</u>	1 ounce/slice

- IF YOU ARE NOT SURE HOW TO RECORD A FOOD, LOOK FOR ADVICE ON THE BACK OF THIS SHEET. IF YOU ARE STILL NOT SURE, MAKE A NOTE OF IT ON THE QUESTIONNAIRE.

(OVER)



How to record foods that don't fit

Use these guidelines for recording the foods you eat. If you are sure a food has no fat and no cholesterol in it, you do not need to record it on your questionnaire.

Eggs	Record all eggs that are a main ingredient in a recipe, such as in French toast, quiche or egg salads. Do not record eggs that are minor parts of recipes, as in cake, cookies, or bread.
Meat in pasta sauce	If you eat any sauce that contains meat, be sure to include it under "Meat dishes" on page 1 of the questionnaire.
Cheese	Remember to record cheese that is part of another dish, such as the cheese in an omelet or on top of refried beans.
Mayonnaise	Record low-cal mayonnaise as you would regular mayonnaise. It's lower in fat, but you still must limit how much you use.
Margarine	Record "light" margarines and spreads as regular margarine. These often contain less fat, but just as much saturated fat as regular margarine.
Salad dressing	Homemade salad dressings should be recorded with other salad dressings. If the homemade dressing contains less salad oil than other liquid (vinegar, lemon juice, etc.), you may record it as a low-calorie dressing on the last page.
Muffins	Record all muffins with "Biscuits, bakery muffins ..." on the questionnaire unless they are homemade with very little oil or fat. Homemade, low-fat muffins can be recorded with "Bread, bagels ..."
Frozen desserts	You do not need to record low-fat frozen desserts like sherbet and frozen yogurt. Just remember that they are high in sugar.
Low-fat cookies, cakes	<ul style="list-style-type: none">• "No fat, no cholesterol" baked goods do not need to be recorded.• "No cholesterol" baked goods should be recorded with regular desserts and pastries since they usually contain plenty of fat.• Low-fat baked goods should be recorded, but only half the amount. (Example: Four low-fat cookies should be recorded as two cookies, which is one serving.)• Remember that all of the above are usually high in sugar and calories.
Angel food cake	Do not record. It has no fat or cholesterol, just sugar.