

# Food Frequency List

Please indicate **about how many times** you have eaten these foods in the **past week**.  
For each section you may **cross out** those that are seldom consumed or **circle** those that you eat.

Consumed in the past 7 days	Number of times	Consumed in the past 7 days	Number of times
<b>Vegetables: Dark green leafy:</b> spinach, Romaine, leaf lettuce, Caesar Salad, etc.		<b>Fish:</b> (list): fresh / fried / canned?	
<b>Iceberg lettuce</b> or <b>bagged salad</b> combos Celery, cucumbers, zucchini		<b>Poultry: Chicken</b> <b>Turkey</b> (include lunchmeat & turkey bacon)	
<b>Broccoli</b> , Brussels sprouts, cabbage /coleslaw, kale, turnip or mustard greens		<b>Beef:</b> hamburgers, steak, meatloaf, stew, chili Is it usually: regular / lean / grass fed / organic?	
Fresh/frozen <b>mixed</b> veggies: corn, green beans, peas		<b>Pork:</b> ham, sausage, bacon	
<b>Yellow-orange veg:</b> carrots, squash, sweet potatoes		<b>Hot dogs, franks, brats, Italian sausage</b>	
<b>Tomatoes</b> , pasta sauce, tomato juice, V-8, salsa, etc		<b>Fried foods:</b> French fries, fried chicken chicken nuggets, etc.	
<b>Fresh vegetable juices:</b>		<b>Lunchables®, bologna, salami</b> , etc.	
<b>Other:</b> <span style="float: right;"><b>ORGANIC?</b></span>		<b>Vegetarian foods:</b>	
		<b>Indian vegetarian:</b>	
<b>Fruits:</b> (circle): banana, pear, apple, grapes, kiwi <b>Other:</b>		<b>Beans, legumes, peas:</b> bean/lentil soup, bean burritos, veg chili, split pea soup, etc.	
<b>Fruit juice</b> (list):		<b>Veggie burgers, TVP, tofu, tempeh</b>	
<b>Berries</b> (list):			
<b>Canned/jar fruit:</b> applesauce, pears, peaches		<b>Raw nuts/seeds:</b> almonds, sunflower seeds pecans, walnuts, etc.	
<b>Dried fruits:</b> raisins, apricots, prunes, figs		<b>Trail mix / roasted salted nuts</b>	
		<b>Peanuts / peanut butter /almond butter</b>	
<b>Wheat bread:</b> rolls/ buns /sandwiches /pita / bagel White / whole grain / <b>low carb</b> / spelt / <b>Ezekiel®</b>		<b>Protein powders: soy / whey / egg / rice ?</b>	
<b>Cold cereal (list):</b>		<b>Protein:</b> liquid ready-to-drink	
<b>Hot cereal (list):</b>		<b>Flax seed meal or flax oil, cod liver oil liquid</b>	
<b>Pancakes, waffles, tortillas: corn / flour?</b>		<b>Butter :</b> organic or regular?	
<b>Muffins, donuts, sweet rolls, granola bars</b>		<b>Margarine</b> (list):	
<b>Pretzels, crackers, etc.</b>		<b>Potato chips, Pringles'®</b> , etc	
<b>Gluten-free foods:</b>		<b>Corn chips, Fritos®, Doritos®, nachos</b> , etc.	
<b>Rice:</b>		<b>Popcorn</b>	
<b>Potatoes:</b> mashed, boiled or baked? Red / white		<b>Candy</b> (list):	
<b>Pasta</b> , spaghetti, lasagna, macaroni, pasta salad, etc		<b>Pie, cake, cookies, lunch snacks</b>	
		<b>Gum/ breath mints:</b> regular or sugarless	
<b>Eggs:</b> whole/ whites? Scrambled/ SSU, OE, HB?		<b>Coffee:</b> number of <b>8-oz</b> cups per day = Regular / decaf / latte / mocha / espresso	
<b>Dairy:</b> Cow's milk: skim, 2%, or whole? <b>Organic?</b>		<b>Tea-</b> reg /decaf/ herbal	
<b>Yogurt, cheese, nachos, cottage cheese</b> <b>Organic?</b>		<b>Sweetener?</b> sugar, Equal®/aspartame, Sweet 'n Low®/saccharine, Splenda®, Stevia	
<b>Pizza:</b>		<b>Soda pop-</b> diet or sugar-sweetened?	
<b>Ice cream, frozen yogurt, shakes, malts, etc.</b>		<b>Alcohol beverages:</b> wine / beer / hard liquor	
<b>Soy milk, goat milk, rice milk, almond milk</b>			
<b>Circle other frequent foods:</b> Frozen/ microwaved meals, Weight Watchers®, Lean Cuisine®, Healthy Choice®, Mexican, Indian, Chinese /Thai, Vegetarian, Atkins® / Low carb / SlimFast®			
<b>Average daily water intake in 8 oz glasses (not counting pop or coffee):</b> 1-2   3-4   5-6   7-8   9-10			
<b>How do you usually consume it?</b> tap / tap-but-filtered / spring / distilled			