

PLEASE NOTE

**THIS QUESTIONNAIRE
IS ABOUT YOUR DIET
DURING THE YEAR**



NEW YORK UNIVERSITY MEDICAL CENTER

LAST NAME _____ **FIRST NAME** _____

Guttman # _____ **Date** _____

This questionnaire is about your diet during the **past year**. For each food item listed, please indicate:

- HOW OFTEN** you usually ate the food. This should be filled in as **NUMBER OF TIMES (1, 2, 3, ...)** per day, week, month, or year - whichever is easiest for you to remember. Place an **X** in the **NEVER** column if you never ate the particular food.
- your usual **PORTION SIZE**. This should be done by placing an **X** in either the **SMALL, MEDIUM, or LARGE** column for each food item eaten. If you never ate the particular food, draw a line through the portion size boxes for that item.

MEDIUM portion sizes are those shown for each food item on this questionnaire.

SMALL portion sizes are those **less than** a medium portion.

LARGE portion sizes are those **greater than** a medium portion.

FOR EXAMPLE, YOU ATE:

	HOW OFTEN?					FOR EXAMPLE, YOUR PORTION SIZE WAS	MEDIUM PORTION SIZE	YOUR PORTION SIZE		
	Da	Wk	Mo	Yr	Nv			S	M	L
Pizza (ONCE A MONTH)	_____	_____	1	_____	_____	1 SLICE	2 Slices	<u>X</u>	_____	_____
Fried Chicken (NEVER)	_____	_____	_____	_____	X	NONE	¼ chicken	_____	_____	_____
Hamburger, cheeseburger, or meatloaf (3 TIMES A WEEK)	_____	3	_____	_____	_____	1 BURGER OR 1 SLICE	1 burger/1 slice	_____	X	_____
Orange Juice (ONCE A DAY)	1	_____	_____	_____	_____	10 OUNCE GLASS	6 ounce glass	_____	_____	X
Ice Cream (10 TIMES A YEAR)	_____	_____	_____	10	_____	½ CUP	½ scoop/½ cup	_____	X	_____

PLEASE GO TO NEXT PAGE

DC 06/03/2019

cc

FRUITS	HOW OFTEN?					MEDIUM PORTION SIZE	YOUR PORTION SIZE		
	<u>Da</u>	<u>Wk</u>	<u>Mo</u>	<u>Yr</u>	<u>Nv</u>		<u>S</u>	<u>M</u>	<u>L</u>
	Apples, pears	_____	_____	_____	_____	_____	one	_____	_____
Bananas, plantains	_____	_____	_____	_____	_____	one	_____	_____	_____
Peaches, nectarines, apricots (fresh, in season)	_____	_____	_____	_____	_____	one	_____	_____	_____
Peaches, apricots (canned or frozen, rest of year)	_____	_____	_____	_____	_____	one	_____	_____	_____
Cantaloupe (in season)	_____	_____	_____	_____	_____	1/4 melon	_____	_____	_____
Honeydew melon (in season)	_____	_____	_____	_____	_____	1/8 melon	_____	_____	_____
Watermelon (in season)	_____	_____	_____	_____	_____	1 slice	_____	_____	_____
Strawberries, fresh (in season)	_____	_____	_____	_____	_____	1/2 cup	_____	_____	_____
Oranges, tangerines, grapefruit	_____	_____	_____	_____	_____	1 medium orange or 1/2 grapefruit	_____	_____	_____
JUICES	<u>Da</u>	<u>Wk</u>	<u>Mo</u>	<u>Yr</u>	<u>Nv</u>		<u>S</u>	<u>M</u>	<u>L</u>
Orange or grapefruit juice	_____	_____	_____	_____	_____	6 oz. glass	_____	_____	_____
Other fruit juices, fortified fruit drinks	_____	_____	_____	_____	_____	6 oz. glass	_____	_____	_____
VEGETABLES	<u>Da</u>	<u>Wk</u>	<u>Mo</u>	<u>Yr</u>	<u>Nv</u>		<u>S</u>	<u>M</u>	<u>L</u>
String beans, peas	_____	_____	_____	_____	_____	1/2 cup	_____	_____	_____
Carrots eaten separately	_____	_____	_____	_____	_____	1/2 cup	_____	_____	_____
Carrots eaten with other foods	_____	_____	_____	_____	_____	1/2 cup	_____	_____	_____
Other mixed vegetables	_____	_____	_____	_____	_____	1/2 cup	_____	_____	_____
Other beans, such as pinto, kidney, lima beans	_____	_____	_____	_____	_____	1/2 cup	_____	_____	_____
Corn	_____	_____	_____	_____	_____	1/2 cup or one ear	_____	_____	_____
Tomatoes, tomato juice	_____	_____	_____	_____	_____	1 or 6 oz.	_____	_____	_____
Green or red peppers	_____	_____	_____	_____	_____	4 tblsp/2 rings	_____	_____	_____
Broccoli	_____	_____	_____	_____	_____	1/2 cup	_____	_____	_____
Spinach (cooked or raw)	_____	_____	_____	_____	_____	1/2 cup	_____	_____	_____
Cole slaw, cabbage	_____	_____	_____	_____	_____	1/2 cup	_____	_____	_____
Lettuce salad	_____	_____	_____	_____	_____	3/4 cup	_____	_____	_____
Sweet potatoes, yams	_____	_____	_____	_____	_____	1, 1/2 cup	_____	_____	_____
French fries, fried potatoes	_____	_____	_____	_____	_____	3/4 cup	_____	_____	_____
Other potatoes, including boiled, baked, potato salad	_____	_____	_____	_____	_____	3/4 cup	_____	_____	_____
Onions in any form	_____	_____	_____	_____	_____	1 tblsp.	_____	_____	_____
MEAT, FISH & POULTRY	<u>Da</u>	<u>Wk</u>	<u>Mo</u>	<u>Yr</u>	<u>Nv</u>		<u>S</u>	<u>M</u>	<u>L</u>
Hamburgers, Cheeseburgers, meatloaf	_____	_____	_____	_____	_____	1 burger or 1 slice	_____	_____	_____
Beef - steaks, roasts	_____	_____	_____	_____	_____	6 oz.	_____	_____	_____
Veal or lamb	_____	_____	_____	_____	_____	6 oz.	_____	_____	_____
Meat stew with vegetables	_____	_____	_____	_____	_____	1 cup	_____	_____	_____
Liver, including chicken livers and liverwurst	_____	_____	_____	_____	_____	4 oz or 4 chicken livers	_____	_____	_____
Pork, including chops, roasts	_____	_____	_____	_____	_____	2 chops or 6 oz.	_____	_____	_____
Ham, luncheon meats, cold cuts, turkey roll	_____	_____	_____	_____	_____	3 slices	_____	_____	_____
Fried chicken	_____	_____	_____	_____	_____	1/4 chicken	_____	_____	_____

	HOW OFTEN?					MEDIUM PORTION SIZE	YOUR PORTION SIZE		
	<u>Da</u>	<u>Wk</u>	<u>Mo</u>	<u>Yr</u>	<u>Nv</u>		<u>S</u>	<u>M</u>	<u>L</u>
	Chicken, turkey, roasted or stewed	_____	_____	_____	_____		_____	1/4 chicken, 3 slices	_____
Hot dogs	_____	_____	_____	_____	_____	2 dogs	_____	_____	_____
Oysters, clams, shrimp, other shellfish	_____	_____	_____	_____	_____	6 oz. or 3/4 cup	_____	_____	_____
Tuna fish, tuna salad, tuna casserole	_____	_____	_____	_____	_____	1/2 cup	_____	_____	_____
Fried fish, fish sandwich, fish sticks	_____	_____	_____	_____	_____	4 oz. or 1 sand.	_____	_____	_____
Other fish (broiled, baked, etc.)	_____	_____	_____	_____	_____	4 oz.	_____	_____	_____

MIXED DISHES/LUNCH ITEMS

	<u>Da</u>	<u>Wk</u>	<u>Mo</u>	<u>Yr</u>	<u>Nv</u>		<u>S</u>	<u>M</u>	<u>L</u>
Spaghetti, lasagna, other pasta with tomato sauce	_____	_____	_____	_____	_____	1 cup	_____	_____	_____
Pizza	_____	_____	_____	_____	_____	2 slices	_____	_____	_____
Vegetable soup, vegetable beef, minestrone, tomato soup	_____	_____	_____	_____	_____	1 bowl	_____	_____	_____

BREADS/SNACKS/SPREADS

	<u>Da</u>	<u>Wk</u>	<u>Mo</u>	<u>Yr</u>	<u>Nv</u>		<u>S</u>	<u>M</u>	<u>L</u>
Baked products with whole wheat, bran or wheat germ (bread, rolls, English muffins, bagels, crackers) including sandwiches	_____	_____	_____	_____	_____	2 slices 1 roll or muffin, 8 crackers	_____	_____	_____
Wholewheat, bran or corn muffins	_____	_____	_____	_____	_____	2 slices 1 roll or muffin, 8 crackers	_____	_____	_____
Peanuts, peanut butter	_____	_____	_____	_____	_____	1 tblsp.	_____	_____	_____
Other nuts or seeds	_____	_____	_____	_____	_____	1 handful	_____	_____	_____
Butter or margarine on bread or added to food at the table	_____	_____	_____	_____	_____	2 pats or one tblsp.	_____	_____	_____
Mayonnaise, salad dressing, oil & vinegar	_____	_____	_____	_____	_____	1 tblsp.	_____	_____	_____
Gravies made with meat drippings	_____	_____	_____	_____	_____	2 tblsp.	_____	_____	_____

BREAKFAST FOODS

	<u>Da</u>	<u>Wk</u>	<u>Mo</u>	<u>Yr</u>	<u>Nv</u>		<u>S</u>	<u>M</u>	<u>L</u>
Bran flakes, other bran cereals	_____	_____	_____	_____	_____	1 bowl	_____	_____	_____
Granola cereals, shredded wheat	_____	_____	_____	_____	_____	1 bowl	_____	_____	_____
Wheat germ, bran	_____	_____	_____	_____	_____	1 tblsp.	_____	_____	_____
Highly fortified cereals (such as Special K, Total, Most)	_____	_____	_____	_____	_____	1 bowl	_____	_____	_____
Other cold cereals	_____	_____	_____	_____	_____	1 bowl	_____	_____	_____
Cooked cereals	_____	_____	_____	_____	_____	1 bowl	_____	_____	_____
Fried or scrambled eggs, omelets	_____	_____	_____	_____	_____	2 eggs	_____	_____	_____
Eggs, boiled or poached	_____	_____	_____	_____	_____	2 eggs	_____	_____	_____
Bacon	_____	_____	_____	_____	_____	2 slices	_____	_____	_____
Sausage, pork links	_____	_____	_____	_____	_____	2 patties or links	_____	_____	_____

DESSERTS	HOW OFTEN?					MEDIUM PORTION SIZE	YOUR PORTION SIZE		
	Da	Wk	Mo	Yr	Nv		S	M	L
Ice cream	_____	_____	_____	_____	_____	1 scoop	_____	_____	_____
Doughnuts, cookies, cake	_____	_____	_____	_____	_____	1 pce, 3 cook, 1 donut	_____	_____	_____
Pies	_____	_____	_____	_____	_____	1 slice	_____	_____	_____
DAIRY PRODUCTS	Da	Wk	Mo	Yr	Nv		S	M	L
Cottage cheese or farmer cheese	_____	_____	_____	_____	_____	½ cup	_____	_____	_____
Other cheeses and cheese spreads	_____	_____	_____	_____	_____	2 slices, 2 tblsp.	_____	_____	_____
Yogurt, including frozen	_____	_____	_____	_____	_____	1 cup	_____	_____	_____
Whole milk, cream or non-dairy creamer in coffee or tea	_____	_____	_____	_____	_____	1 tblsp	_____	_____	_____
Whole milk and other beverages with whole milk, including on cereal	_____	_____	_____	_____	_____	8 oz. glass	_____	_____	_____
Skim milk, 1% milk, 2% milk or buttermilk including on cereal	_____	_____	_____	_____	_____	8 oz. glass	_____	_____	_____

Has your eating pattern been fairly regular during the past year?

NO YES

During the past year, have you taken any vitamins or minerals?

NO YES

If yes, fill in chart

	# of PILLS	per DAY, WEEK, MONTH or YEAR
Multiple Vitamins	_____ pills	per _____
Brand:	_____	
Multiple Minerals	_____ pills	per _____
Brand:	_____	

Separate Vitamins

Vitamin A	_____ pills	per _____	_____ IU per pill
Vitamin C	_____ pills	per _____	_____ mg per pill
Vitamin E	_____ pills	per _____	_____ IU per pill
Beta-carotene	_____ pills	per _____	_____ IU per pill

Separate Minerals

Zinc	_____ pills	per _____
Selenium	_____ pills	per _____