

Activity # 3 Beverages Food Frequency Questionnaire

Instructions: Check the circle that describes how often you consume a specific drink. Then circle the drinks that you consume frequently.

Drinks	Average Intake in a Month									
	Never	Once per month	2 - 4 per month	Once per week	2 - 4 per week	5 - 6 per week	Daily	2 - 4 times per day	4 + times per day	
Water									0	
Flavored Water	Ŏ	Ŏ	Ŏ	Ŏ	Ŏ	Ŏ	Ŏ	Ŏ	Ŏ	
Milk										
Orange Juice	Ŏ	Ŏ	Ŏ	Ŏ	Ŏ	Ŏ	Ŏ	Ŏ	Ŏ	
Juice									\bigcirc	
Soda	Ō		Ŏ		Ŏ	<u> </u>	Ŏ	Ō	Ō	
Sport Drinks									\bigcirc	
Tea	Ō	Ō	Ŏ	Ō	Ŏ	Ō	Ŏ	Ō	Ō	
Coffee										
Hot Chocolate	Ō	Ŏ	Ŏ	Ō	Ŏ	Ŏ	Ŏ	Ō	Ō	
Others									\bigcirc	









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Activity # 3 Fruits Food Frequency Questionnaire

Instructions: Chec the circle that describes how often you consume a specific fruit or fruit juice. Then circle the foods that you consume frequently.

Fruits	Average Intake in a Month								
	Never	Once per month	2 - 4 per month	Once per week	2 - 4 per week	5 - 6 per week	Daily	2 - 4 times per day	4 + times per day
Apples	0	0	0	0	0	0	0	0	Q
Pears	$\overline{}$	$\overline{}$	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Oranges, Mandarins	\bigcirc	\bigcirc				0			\bigcirc
Bananas	0	0	0	0	0	0	0	0	0
Grapes	0	0	0	0	0	0	0	0	0
Strawberries, Raspberries	0	0	0	0	0	0	0	0	0
Blueberries, Blackberries	0	0	0	0	0	0	0	0	0
Watermelons, Cantaloupe	0	0	0	0	0		0	0	0
Peaches, Plums, Apricots	0	0	0	0	0	0	0	0	0
Kiwi, Pineapples	0	0	0	0	0	0	0	0	\bigcirc
Cherries	\bigcirc	\bigcirc							\bigcirc
Dried Fruits (Raisins, prunes)	0	0							
100% Fruit Snacks									
100% Fruit Juice	0	0	\bigcirc		\bigcirc				
Others									







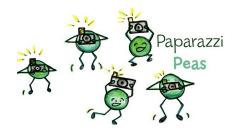
Activity # 3 Dairy Food Frequency Questionnaire

Instructions: Check the circle that describes how often you consume a specific vegetable or vegetable juice. Then circle the foods that you consume frequently.

Vegetables	Average Intake in a Month								
	Never	Once per month	2 - 4 per month	Once per week	2 - 4 per week	5 - 6 per week	Daily	2 - 4 times per day	4 + times per day
Tomatoes	0	0	0	\bigcirc		0			
Carrots									
Lettuce, Cabbage									
Green Peppers			0		0		0	0	
Onions			0		0	0	0	0	
Green leafy Veggies	\bigcirc	0	\bigcirc	0	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Garlic, Olives									
Corn									
Cucumber, Celery									
Eggplant, Squash			\bigcirc		\bigcirc	\bigcirc	\bigcirc	\bigcirc	
Broccoli, Green Beans									
Green peas, Green beans									
Potatoes, Sweet Potatoes									
French Fries, Tater tots									
100% Veggie Juice									
Others	Ō	Ō	Ö	Ŏ	Ō	0	Ō	Ō	Ŏ









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Activity # 3 Dairy Food Frequency Questionnaire

Instructions: Chec the circle that describes how often you consume a specific fruit or fruit juice. Then circle the foods that you consume frequently.

Dairy	Average Intake in a Month									
	Never	Once per month	2 - 4 per month	Once per week	2 - 4 per week	5 - 6 per week	Daily	2 - 4 times per day	4 + times per day	
Whole Milk			0	0	0	0		0	0	
2 % Milk	0		0	0	0	<u> </u>		0	0	
1% Milk	0		0	0	0	0	0	0	\odot	
Fat-Free Milk	0	0	0	0	0	0	0	0	\bigcirc	
Yogurt			0	0	0	0		0	0	
Cheese	0	0	0	0	0	0	0	0	0	
Frozen Yogurt	0	0	0	0	0	0	0	\bigcirc	\bigcirc	
Custard			$\overline{}$	$\overline{}$	\circ	$\overline{}$		0	\circ	
Ice Cream										
Pudding	0	0	0	0	0	0	0	0	\bigcirc	
Others										





