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COSMOS

Diet Questionnaire

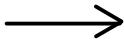
1. In the past year, did you take multivitamins other than your study pills, for example One-A-Day or Preser Vision? (Please report individual vitamins in question 2.) No Yes

IF YES: a. How many multivitamin pills did you take per week? 2 or less 3 - 5 6 - 9 10 or more

b. For about how many years did you take multivitamin pills? 0 - 1 2 - 4 5 - 9 10 or more

c. What specific brand (any formulation) did you usually use?

- One-A-Day Ocuvite
 Centrum Other:



Specify exact brand and type:

Office use only:

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2. Not counting multivitamins you took in the past year or your study pills, do you currently take any of the following preparations on a regular basis?

- a. Calcium (include calcium in Tums, etc.) No Yes

IF YES: What dose per day do you take? (Elemental calcium) → 500 mg or less 501 - 1,200 mg 1,201 - 1,500 mg Greater than 1,500 mg Don't know

- b. Vitamin D (in calcium supplements or separately) No Yes

IF YES: How often? Seasonal only Most months

What dose per day do you take? → 400 IU or less 401 - 800 IU 801 - 1,000 IU Greater than 1,000 IU Large dose weekly or monthly Other Don't know

3. Are there other supplements that you currently take on a regular basis? Mark all that apply

B-complex Flax seed Lycopene Vitamin A Zinc

Beta-carotene Flax seed oil Magnesium Vitamin B-6

Choline Fish oil Metamucil/Citrucel Vitamin B-12

Chromium Folic acid Niacin Vitamin C

Coenzyme Q10 Iron Potassium Vitamin E

Cod liver oil Lecithin Selenium Vitamin K

Other, specify: →

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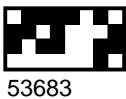
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For each food listed, fill in the circle indicating how often on average you have used the amount specified during the past year. (Note: "oz" = ounce, "C" = cup, "e.g." = example)

4. DAIRY FOODS

Never, or less than once per month	1-3 per month	1 per week	2-4 per week	5-6 per week	1 per day	2-3 per day	4-5 per day	6+ per day
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Skim or lowfat milk (8 oz glass)	<input type="radio"/>							
Whole milk (8 oz glass)	<input type="radio"/>							
Yogurt, regular or non-fat (4-6 oz)	<input type="radio"/>							
Yogurt, Greek, regular or non-fat (4-6 oz)	<input type="radio"/>							
Ice cream (1/2 C)	<input type="radio"/>							
Cottage or ricotta cheese (1/2 C)	<input type="radio"/>							



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COSMOS

Diet Questionnaire

4. DAIRY FOODS (continued)	Never, or less than once per month	1-3 per month	1 per week	2-4 per week	5-6 per week	1 per day	2-3 per day	4-5 per day	6+ per day
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Other cheese, e.g., American, cheddar, plain or as part of a dish (1 slice or 1 oz)	<input type="radio"/>								
Butter (pat), added to food or bread, exclude use in cooking	<input type="radio"/>								
Margarine (pat), added to food or bread; exclude use in cooking	<input type="radio"/>								

What form of margarine do you usually use?

 None Stick Tub

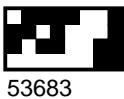
Specify brand and type (e.g., Parkay)

Office use only:

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Please average your seasonal use of foods over the entire year. For example, if a food such as cantaloupe is eaten 4 times a week during the approximately 3 months that it is in season, then the average use would be once per week. (Note: "oz" = ounce, "C" = cup, e.g. = example)

5. FRUITS	Never, or less than once per month	1-3 per month	1 per week	2-4 per week	5-6 per week	1 per day	2-3 per day	4-5 per day	6+ per day
Raisins (1 oz or small pack) or grapes (1/2 C)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Prunes or dried plums (6 prunes or 1/4 C)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Prune juice (1 small glass)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bananas (1 medium)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cantaloupe (1/4 melon)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Avocado (1/2 fruit or 1/2 C)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fresh apples or pears (1 medium)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Apple juice or cider (1 small glass)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Oranges (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Orange juice, calcium or Vitamin D fortified (1 small glass)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Orange juice, regular (not calcium fortified) (1 small glass)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Grapefruit (1/2) or grapefruit juice (1 small glass)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other fruit juices (1 small glass)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Strawberries, fresh, frozen or canned (1/2 C)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Blueberries, fresh, frozen or canned (1/2 C)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Peaches or plums (1 fresh or 1/2 C canned)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Apricots (1 fresh, 1/2 C canned or 5 dried)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



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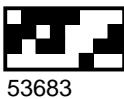


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COSMOS

Diet Questionnaire

6. VEGETABLES	Never, or less than once per month	1-3 per month	1 per week	2-4 per week	5-6 per week	1 per day	2-3 per day	4-5 per day	6+ per day
Tomatoes (2 slices)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tomato juice or V8 juice (1 small glass)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tomato sauce (1/2 C), e.g., spaghetti sauce	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
String beans (1/2 C)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Broccoli (1/2 C)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cabbage, cauliflower, or Brussels sprouts (1/2 C)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Carrots, raw (2-4 sticks)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Carrots, cooked (1/2 C)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Corn (1 ear or 1/2 C frozen or canned)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Beans or lentils, baked or dried (1/2 C)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Peas or lima beans (1/2 C fresh, frozen, or canned)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Yams or sweet potatoes (1/2 C)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spinach or collard greens, cooked (1/2 C)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Kale, mustard greens, or chard, cooked (1/2 C)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eggplant or squash (1/2 C)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lettuce (1 serving)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Potatoes, baked, boiled (1) or mashed (1 C)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Onions as a garnish or in salad (1 slice)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Onions cooked or rings (1/2 C)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tofu, soy burger, soybeans, miso, or other soy protein	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. EGGS, MEATS, POULTRY, AND FISH	Never, or less than once per month	1-3 per month	1 per week	2-4 per week	5-6 per week	1 per day	2-3 per day	4-5 per day	6+ per day
Eggs (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chicken or turkey, with skin (3 oz)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chicken or turkey, without skin (3 oz)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hot dogs (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



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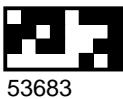
Diet Questionnaire

7. EGGS, MEATS, POULTRY, AND FISH (continued)	Never, or less than once per month	1-3 per month	1 per week	2-4 per week	5-6 per week	1 per day	2-3 per day	4-5 per day	6+ per day
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Bacon (2 slices)	<input type="radio"/>								
Processed meats, e.g., turkey, sausage, bologna (1 piece or slice)	<input type="radio"/>								
Hamburger (3 oz patty, cooked)	<input type="radio"/>								
Beef, pork, or lamb as a sandwich or mixed dish, e.g. stew, casserole, lasagna	<input type="radio"/>								
Beef, pork, or lamb as a main dish, e.g. steak, roast, ham (4-6 oz.)	<input type="radio"/>								
Canned tuna fish (3-4 oz.)	<input type="radio"/>								
Dark fish, e.g. tuna steak, mackerel, salmon, bluefish, swordfish (3-5 oz.)	<input type="radio"/>								
Other fish, e.g. cod, haddock, halibut (3-5 oz.)	<input type="radio"/>								
Shrimp, lobster, scallops as a main dish	<input type="radio"/>								

8. BREADS, SWEETS, BAKED GOODS, CEREAL, MISC.	Never, or less than once per month	1-3 per month	1 per week	2-4 per week	5-6 per week	1 per day	2-3 per day	4-5 per day	6+ per day
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Milk chocolate (bar or pieces) (1 oz)	<input type="radio"/>								
Dark chocolate (1 oz)	<input type="radio"/>								
White chocolate (1 oz)	<input type="radio"/>								
Candy bars, e.g., Snickers, Milky Way, Reeses (1)	<input type="radio"/>								
Candy without chocolate (1 oz)	<input type="radio"/>								
Pie (1 slice)	<input type="radio"/>								
Cake (1 slice)	<input type="radio"/>								
Cookies (1)	<input type="radio"/>								
Brownies (1)	<input type="radio"/>								
Cold breakfast cereal (1 serving)	<input type="radio"/>								
Cooked oatmeal/oat bran (including instant) (1C)	<input type="radio"/>								
White bread (1 slice), including pita bread	<input type="radio"/>								
Whole wheat, oatmeal, or other whole grain bread (1 slice)	<input type="radio"/>								

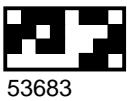


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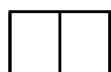
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Diet Questionnaire

8. BREADS, SWEETS, BAKED GOODS, CEREAL, MISC. (continued)	Never, or less than once per month	1-3 per month	1 per week	2-4 per week	5-6 per week	1 per day	2-3 per day	4-5 per day	6+ per day
Rice or pasta, e.g. spaghetti, noodles, couscous (1 C)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Potato chips or corn/tortilla chips (1 small bag or 1 oz)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
French fries (6 oz or 1 serving)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Peanut butter (1 tablespoon)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Peanuts (1 oz)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walnuts (1 oz)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other nuts (1 oz)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Oil and vinegar dressing, e.g., Italian (1 tablespoon)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. BEVERAGES	Never, or less than once per month	1-3 per month	1 per week	2-4 per week	5-6 per week	1 per day	2-3 per day	4-5 per day	6+ per day
Coffee, with caffeine (8 oz cup)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Decaffeinated coffee (8 oz cup)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Black tea with caffeine (8 oz cup)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Green tea with caffeine (8 oz cup)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Decaffeinated tea, exclude herbal (8 oz cup)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cocoa beverages (e.g., hot chocolate, mocha, Ensure) (8 oz cup)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Beer (1 glass, bottle, can)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Red wine (5 oz glass)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
White wine (5 oz glass)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Liquor, e.g., whiskey, gin, vodka (1 drink or shot)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Low calorie carbonated beverage, e.g. Diet Coke (1 bottle or can)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Carbonated beverage with sugar, e.g. Coke, Pepsi (1 bottle or can)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other sugared beverages, e.g., punch, lemonade, sweetened iced tea (1 glass, bottle, can)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



53683



COSMOS

Diet Questionnaire

10. What kind of fat do you use for frying and sauteing at home? (Exclude "Pam"-type spray)

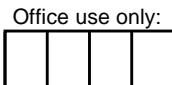
- Real butter Margarine Vegetable oil Olive oil Vegetable shortening Lard None

11. What kind of fat do you usually use for baking at home?

- Real butter Margarine Vegetable oil Olive oil Vegetable shortening Lard None

12. What kind of cooking oil do you usually use at home?
(e.g., Mazola, Corn Oil) →

Specify brand and type:



13. How often do you eat food that is fried at home? (Exclude food fried in "Pam"-type spray)

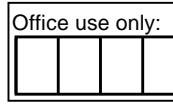
- Less than once a week 1-3 times per week 4-6 times per week Daily

14. How often do you eat fried food away from home? (e.g. French fries, fried chicken, fried fish)

- Less than once a week 1-3 times per week 4-6 times per week Daily

15. Which cold breakfast cereal do you usually eat?

Cold cereal brand and type:



- Don't eat cold breakfast cereal

- Specify brand and type →

16. How many teaspoons of sugar do you add to your beverages or food each day? → tsp.

Thank you for completing the COSMOS Diet Questionnaire. Please check to see if you have answered all questions. Then return it in the enclosed prepaid envelope.