

INSTRUCTIONS

No doble, rompa, engrape, perforo o separe las páginas.
Please do not fold, cut, staple, punch, or separate pages.

Este cuestionario se refiere a sus hábitos alimenticios USALES.
The questionnaire asks you about your USUAL eating habits.

Rellene el círculo que describa el TAMAÑO DE PORCION que usted consume generalmente para cada uno de los alimentos de la lista, comparándolo con el de otras personas de su misma edad y sexo. Usted puede seleccionar Pequeño (P), Mediano (M), o Grande (G).

Fill in the circle that describes your AVERAGE SERVING SIZE for each food listed as compared to other people your same age and gender. You may choose Small (S), Medium (M), or Large (L).

Rellene el círculo que mejor describa su CONSUMO PROMEDIO. Si usted comió ese alimento en raras ocasiones o nunca, llene el círculo que dice RARA VEZ O NUNCA. Si selecciona RARA VEZ O NUNCA, no es necesario indicar tamaño de porción.

Fill in the circle that describes your AVERAGE USE. If you rarely or never ate the food, fill in the circle under Rarely/Never. However, if you select RARELY/NEVER, no serving size is necessary.

EJEMPLOS Examples

EN PROMEDIO, ¿QUE TAN SEGUIDO COME LOS SIGUIENTES ALIMENTOS?
On the average, how often do you eat the following foods?

	PORCION Portion Size			USO PROMEDIO Average Use							
	P	M	G	3 O MAS VECES AL DIA 3 or more times a day	1 O 2 VECES AL DIA 1 or 2 times a day	4 A 6 VECES POR SEMANA 4 to 6 times a week	2 A 3 VECES POR SEMANA 2 to 3 times a week	UNA VEZ POR SEMANA 1 time a week	2 A 3 VECES AL MES 2 to 3 times a month	MENOS DE UNA VEZ AL MES Less than 1 time a month	RARA VEZ O NUNCA Rarely or never
GUISADOS Y SOPAS Side, Mixed Dishes, and Soups	<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"/>	<input type="radio"/>	<input type="radio"/>
FRIJOLES REFRITOS. Refried Beans	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
FRIJOLES DE LA OLLA, CHARROS, BAYOS, NEGROS, PINTOS, ALUBIAS. Baked / Cooked Beans, "Charro-Style" Beans, Black, Pinto, and Kidney Beans	<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"/>	<input type="radio"/>	<input checked="" type="radio"/>

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EN PROMEDIO, ¿QUE TAN SEGUIDO COME LOS SIGUIENTES ALIMENTOS?

On the average, how often do you eat the following foods?

(CONTINUACION) (continued)	PORCION Portion Size			USO PROMEDIO Average Use							
	P S	M M	G L	3 O MAS VECES AL DIA 3 or more times a day	1 O 2 VECES AL DIA 1 or 2 times a day	4 A 6 VECES POR SEMANA 4 to 6 times a week	2 A 3 VECES POR SEMANA 2 to 3 times a week	UNA VEZ POR SEMANA 1 time a week	2 A 3 VECES AL MES 2 to 3 times a month	MENOS DE UNA VEZ AL MES Less than 1 time a month	RARA VEZ O NUNCA Rarely or never
GUISADOS Y SOPAS Side, Mixed Dishes, and Soups											
TACOS SUAVES. Soft Tacos	<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"/>	<input type="radio"/>	<input type="radio"/>
TOSTADAS	<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"/>	<input type="radio"/>	<input type="radio"/>
BURRITOS	<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"/>	<input type="radio"/>	<input type="radio"/>
ENCHILADAS, CHILAQUILES, PASTEL AZTECA	<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"/>	<input type="radio"/>	<input type="radio"/>
FLAUTAS / TACOS DORADOS. Crispy Tacos (Fried)	<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"/>	<input type="radio"/>	<input type="radio"/>
SALSA MEXICANA, SALSA PARA TACOS, OTRAS SALSAS. Mexican Sauce, Taco Sauce, Other	<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"/>	<input type="radio"/>	<input type="radio"/>
POZOLE, MENUDO, GALLINA PINTA	<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"/>	<input type="radio"/>	<input type="radio"/>
CAZUELA, SOPA DE ALBONDIGAS. Cazuela Soup, Meatball Soup	<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"/>	<input type="radio"/>	<input type="radio"/>
SOPA DE TORTILLA. Tortilla Soup	<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"/>	<input type="radio"/>	<input type="radio"/>
CALDO DE QUESO. Cheese Soup	<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"/>	<input type="radio"/>	<input type="radio"/>
SOPA DE VERDURAS, SOPA DE VERDURAS CON CARNE, COCIDO, MINISTRONE, Y SOPA DE TOMATE. Vegetable Soup, Vegetable Beef, Cocido, Minestrone, and Tomato Soup	<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"/>	<input type="radio"/>	<input type="radio"/>
OTRAS SOPAS. Other Soups	<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"/>	<input type="radio"/>	<input type="radio"/>
ESPAGUETI, LASAGNA, OTRAS PASTAS CON PURE O SALSA DE TOMATE. Spaghetti, Lasagna, Other Pasta with Tomato 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"/>	<input type="radio"/>	<input type="radio"/>
PIZZA	<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"/>	<input type="radio"/>	<input type="radio"/>
PLATILLOS QUE CONTENGAN QUESO COMO MACARRONES CON QUESO. Mixed Dishes with Cheese, like Macaroni and Cheese	<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"/>	<input type="radio"/>	<input type="radio"/>

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EN PROMEDIO, ¿QUE TAN SEGUIDO COME LOS SIGUIENTES ALIMENTOS?

On the average, how often do you eat the following foods?

	PORCION Portion Size			USO PROMEDIO Average Use							
	P S	M M	G L	3 O MAS VECES AL DIA 3 or more times a day	1 O 2 VECES AL DIA 1 or 2 times a day	4 A 6 VECES POR SEMANA 4 to 6 times a week	2 A 3 VECES POR SEMANA 2 to 3 times a week	UNA VEZ POR SEMANA 1 time a week	2 A 3 VECES AL MES 2 to 3 times a month	MENOS DE UNA VEZ AL MES Less than 1 time a month	RARA VEZ O NUNCA Rarely or never
CARNES Y HUEVOS Meats and Eggs											
HUEVOS. Eggs	<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"/>	<input type="radio"/>	<input type="radio"/>
TOCINO. Bacon	<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"/>	<input type="radio"/>	<input type="radio"/>
CHORIZO. Mexican Sausage	<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"/>	<input type="radio"/>	<input type="radio"/>
SALCHICHON. Sausage	<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"/>	<input type="radio"/>	<input type="radio"/>
SALCHICHAS. Hot dogs	<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"/>	<input type="radio"/>	<input type="radio"/>
HAMBURGUESAS, HAMBURGUESAS CON QUESO, PASTEL DE CARNE, MILANESA DE TERNERA, PICADILLO. Hamburgers, Cheeseburgers, Meat Loaf, Veal Dishes	<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"/>	<input type="radio"/>	<input type="radio"/>
JAMON, MORTADELA, BOLOGNA Y SPAM. Ham, Lunch Meats, and Spam	<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"/>	<input type="radio"/>	<input type="radio"/>
BISTEC DE RES, ASADO AL HORNO, CARNE ASADA. Beef-Steaks, Roasts, Carne Asada	<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"/>	<input type="radio"/>	<input type="radio"/>
GUISADOS DE CARNE CON ZANAHORIA Y OTRAS VERDURAS. Beef Stew or Pot Pie with Carrots and Other Vegetables	<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"/>	<input type="radio"/>	<input type="radio"/>
CARNE CON CHILE (ESTILO SONORA), CHILE CON CARNE DE RES, DE PUERCO, O DE TERNERA, BIRRIA. Beef with Chile ("Sonoran-style"), Pork or Veal with Chile, Birria.	<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"/>	<input type="radio"/>	<input type="radio"/>
MACHACA. Dried Beef	<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"/>	<input type="radio"/>	<input type="radio"/>
HIGADO DE RES, POLLO, TERNERA. Liver: Beef, Chicken, Veal	<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"/>	<input type="radio"/>	<input type="radio"/>
PUERCO: INCLUYENDO CARNITAS CHULETAS, AL HORNO, MILANESAS. Pork, including Carnitas Chops, Roasts, Fried	<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"/>	<input type="radio"/>	<input type="radio"/>

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SERIAL #

EN PROMEDIO, ¿QUE TAN SEGUIDO COME LOS SIGUIENTES ALIMENTOS?

On the average, how often do you eat the following foods?

	PORCION Portion Size			USO PROMEDIO Average Use							
	P S	M M	G L	3 O MAS VECES AL DIA 3 or more times a day	1 O 2 VECES AL DIA 1 or 2 times a day	4 A 6 VECES POR SEMANA 4 to 6 times a week	2 A 3 VECES POR SEMANA 2 to 3 times a week	UNA VEZ POR SEMANA 1 time a week	2 A 3 VECES AL MES 2 to 3 times a month	MENOS DE UNA VEZ AL MES Less than 1 time a month	RARA VEZ O NUNCA Rarely or never
AVES, PESCADOS, Y MARISCOS Poultry and Fish											
POLLO EMPANIZADO O FRITO. Breaded or Fried Chicken	<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"/>	<input type="radio"/>	<input type="radio"/>
POLLO O PAVO AL HORNO, COCIDO O A LA PARRILLA. Chicken or Turkey: Baked, Stewed, or Broiled	<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"/>	<input type="radio"/>	<input type="radio"/>
PESCADO FRITO, EMPANIZADO O SANDWICH DE FILETE DE PESCADO. Breaded or Fried Fish or Fish Sandwich	<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"/>	<input type="radio"/>	<input type="radio"/>
ATUN, ENSALADA DE ATUN, ATUN AL HORNO O GUISADO. Tuna Fish, Tuna Salad, Tuna Casserole	<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"/>	<input type="radio"/>	<input type="radio"/>
MARISCOS: CAMARONES, LANGOSTA, JAIBA, OSTIONES, ETC. Shell Fish: Shrimp, Lobster, Crab, Oysters, etc.	<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"/>	<input type="radio"/>	<input type="radio"/>
CEVICHE, ESCABECHE DE PESCADO. Ceviche, Pickled Herring	<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"/>	<input type="radio"/>	<input type="radio"/>
OTRO TIPO DE PESCADOS: ASADOS, A LAS BRASAS, ETC. Other Fish: Broiled, Baked, etc.	<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"/>	<input type="radio"/>	<input type="radio"/>

DERIVADOS DE LA LECHE

Dairy Products

QUESOS COMO CHEDDAR Y SWISS. Cheeses such as Cheddar and Swiss	<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"/>	<input type="radio"/>	<input type="radio"/>
QUESO FRESCO Y PANELA. Farmers/Fresh Cheese	<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"/>	<input type="radio"/>	<input type="radio"/>
OTROS QUESOS Y QUESOS PARA UNTAR. Other Cheeses and cheese spreads	<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"/>	<input type="radio"/>	<input type="radio"/>
QUESO CUAJADA O REQUESON. Cottage Cheese	<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"/>	<input type="radio"/>	<input type="radio"/>
YOGURT	<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"/>	<input type="radio"/>	<input type="radio"/>
CREMA / ACIDA. Creams (Sour, Semi-Sweet, Sweet)	<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"/>	<input type="radio"/>	<input type="radio"/>

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EN PROMEDIO, ¿QUE TAN SEGUIDO COME LOS SIGUIENTES ALIMENTOS?

On the average, how often do you eat the following foods?

	PORCION Portion Size			USO PROMEDIO Average Use							
	P S	M M	G L	3 O MAS VECES AL DIA 3 or more times a day	1 O 2 VECES AL DIA 1 or 2 times a day	4 A 6 VECES POR SEMANA 4 to 6 times a week	2 A 3 VECES POR SEMANA 2 to 3 times a week	UNA VEZ POR SEMANA 1 time a week	2 A 3 VECES AL MES 2 to 3 times a month	MENOS DE UNA VEZ AL MES Less than 1 time a month	RARA VEZ O NUNCA Rarely or never
CEREALES Cereals											
AVENA O CEREALES COCIDOS COMO ATOLE, CHAMPURRADO. Oatmeal/Other Cooked Cereals	<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"/>	<input type="radio"/>	<input type="radio"/>
¿CEREALES DE DESAYUNO INSTANEOS? Eat Cold Cereals?	<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"/>	<input type="radio"/>	<input type="radio"/>
¿CUALES SON LOS CEREALES QUE COME CON MAS FRECUENCIA? Which cereals do you usually eat?											
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"/>	<input type="radio"/>	<input type="radio"/>
2. _____	<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"/>	<input type="radio"/>	<input type="radio"/>
¿LE AÑADE LECHE A LOS CEREALES QUE COME? Do you add milk to cereal?	<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"/>	<input type="radio"/>	<input type="radio"/>
¿LE AÑADE AZUCAR A LOS CEREALES QUE COME? Do you add sugar to cereal?	<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"/>	<input type="radio"/>	<input type="radio"/>
VERDURAS Vegetables											
CALABACITAS. Zucchini	<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"/>	<input type="radio"/>	<input type="radio"/>
CALABAZA COCIDA, AL HORNO. Winter Squash, Baked Squash	<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"/>	<input type="radio"/>	<input type="radio"/>
ELOTES. Corn	<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"/>	<input type="radio"/>	<input type="radio"/>
ZANAHORIAS. Carrots	<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"/>	<input type="radio"/>	<input type="radio"/>
CAMOTES. Sweet Potatos, Yams	<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"/>	<input type="radio"/>	<input type="radio"/>
EJOTES. String Beans	<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"/>	<input type="radio"/>	<input type="radio"/>
CHICHAROS. Peas	<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"/>	<input type="radio"/>	<input type="radio"/>
ESPARRAGO. Asparagus	<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"/>	<input type="radio"/>	<input type="radio"/>
COLIFLOR O COLES DE BRUSELAS. Cauliflower or Brussels Sprouts	<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"/>	<input type="radio"/>	<input type="radio"/>
SETAS. Mushrooms	<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"/>	<input type="radio"/>	<input type="radio"/>
ESPINACAS COCIDAS. Cooked Spinach	<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"/>	<input type="radio"/>	<input type="radio"/>

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EN PROMEDIO, ¿QUE TAN SEGUIDO COME LOS SIGUIENTES ALIMENTOS?

On the average, how often do you eat the following foods?

(CONTINUACION) (continued)	PORCION Portion Size			USO PROMEDIO Average Use							
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VERDURAS Vegetables											
ACELGAS, VERDOLAGAS, QUELITES. Mustard Greens, Turnip Greens, Collards	<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"/>	<input type="radio"/>	<input type="radio"/>
VEGETALES MIXTOS QUE CONTENGAN ZANAHORIAS. Mixed vegetables containing Carrots, canned or frozen	<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"/>	<input type="radio"/>	<input type="radio"/>
CHILES VERDES, JALAPEÑOS, POBLANOS, SERRANOS, EN RAJAS, CHILE PIMIENTO / MORRON. Chiles: Jalapeño, Serrano, etc., including Bell Peppers	<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"/>	<input type="radio"/>	<input type="radio"/>
AGUACATE, GUACAMOLE. Avocado, Guacamole	<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"/>	<input type="radio"/>	<input type="radio"/>
NOPALES. Cactus Leaves	<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"/>	<input type="radio"/>	<input type="radio"/>
REPOLLO O COL, COL AGRIA Y ENSALADA DE COL. Cabbage, Sauerkraut and Cole Slaw	<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"/>	<input type="radio"/>	<input type="radio"/>
BROCOLI. Broccoli	<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"/>	<input type="radio"/>	<input type="radio"/>
ESPINACAS CRUDAS, BERROS. Raw Spinach, Watercress	<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"/>	<input type="radio"/>	<input type="radio"/>
LECHUGA. Lettuce	<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"/>	<input type="radio"/>	<input type="radio"/>
TOMATE CRUDO. Raw Tomato	<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"/>	<input type="radio"/>	<input type="radio"/>
JICAMA. Jicama	<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"/>	<input type="radio"/>	<input type="radio"/>
PEPINO. Cucumber	<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"/>	<input type="radio"/>	<input type="radio"/>
CEBOLLA. Onion	<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"/>	<input type="radio"/>	<input type="radio"/>
AJO. Garlic	<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"/>	<input type="radio"/>	<input type="radio"/>
CILANTRO. Cilantro	<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"/>	<input type="radio"/>	<input type="radio"/>

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EN PROMEDIO, ¿QUE TAN SEGUIDO COME LOS SIGUIENTES ALIMENTOS?

On the average, how often do you eat the following foods?

	PORCION Portion Size			USO PROMEDIO Average Use							
	P S	M M	G L	3 O MAS VECES AL DIA 3 or more times a day	1 O 2 VECES AL DIA 1 or 2 times a day	4 A 6 VECES POR SEMANA 4 to 6 times a week	2 A 3 VECES POR SEMANA 2 to 3 times a week	UNA VEZ POR SEMANA 1 time a week	2 A 3 VECES AL MES 2 to 3 times a month	MENOS DE UNA VEZ AL MES Less than 1 time a month	RARA VEZ O NUNCA Rarely or never
FRUTAS Fruits											
NARANJAS, MANDARINAS. Oranges, Tangerines	<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"/>	<input type="radio"/>	<input type="radio"/>
LIMONES Y JUGO DE LIMON. Lemon/Limes and Lime Juice	<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"/>	<input type="radio"/>	<input type="radio"/>
PLATANOS. Bananas	<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"/>	<input type="radio"/>	<input type="radio"/>
PIÑA. Pineapple	<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"/>	<input type="radio"/>	<input type="radio"/>
MANZANAS, PERAS, GUAYABAS. Apples, Pears, Guavas	<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"/>	<input type="radio"/>	<input type="radio"/>
MANGOS. Mangoes	<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"/>	<input type="radio"/>	<input type="radio"/>
DURAZNOS, CHABACANOS, ALBARICOQUES, Y NECTARINAS. Peaches, Apricots, and Nectarines	<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"/>	<input type="radio"/>	<input type="radio"/>
SANDIA. Watermelon	<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"/>	<input type="radio"/>	<input type="radio"/>
MELÓN. Cantaloupe and other melons	<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"/>	<input type="radio"/>	<input type="radio"/>
FRESAS. Strawberries	<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"/>	<input type="radio"/>	<input type="radio"/>
OTRAS MORAS (Frambuesas, zarzamoras). Other berries (blueberries/raspberries)	<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"/>	<input type="radio"/>	<input type="radio"/>
UVAS. Grapes	<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"/>	<input type="radio"/>	<input type="radio"/>
CEREZAS. Cherries	<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"/>	<input type="radio"/>	<input type="radio"/>
PASAS, CIRUELAS PASAS, HIGOS. Raisins, Prunes, Figs	<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"/>	<input type="radio"/>	<input type="radio"/>
CIRUELAS FRESCAS. Fresh Plums	<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"/>	<input type="radio"/>	<input type="radio"/>
TORONJAS. Grapefruit	<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"/>	<input type="radio"/>	<input type="radio"/>

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SERIAL #

EN LAS SIGUIENTES SECCIONES AGRUPAMOS ALIMENTOS QUE PUEDEN CONSUMIRSE EN GRANDES CANTIDADES. POR ESA RAZON LA FRECUENCIA DE CONSUMO VA AHORA DESDE 6 O MAS VECES AL DIA HASTA RARA VEZ O NUNCA. EN EL CASO DE LAS TORTILLAS QUEREMOS QUE NOS DIGA APROXIMADAMENTE CUANTAS COME REGULARMENTE Y DE QUE TAMAÑO EN EL CASO DE LAS TORTILLAS DE HARINA. POR EJEMPLO, 2 TORTILLAS DE HARINA MEDIANITAS (APROXIMADAMENTE 10 PULGADAS DE DIAMETRO).

In the following sections, we have grouped food items that can be eaten in large quantities. For that reason, the frequency of consumption now goes from 6 or more times a day to rarely or never. In regards to tortillas, we want you to specify approximately how many you usually eat and the size in the case of flour tortillas. For example, 2 medium size flour tortillas (about 10 inches in diameter).

EN PROMEDIO, ¿QUE TAN SEGUIDO Y CUANTAS TORTILLAS COME?

On the average, how often and how many tortillas do you eat?

	TAMAÑO Size			USO PROMEDIO Average Use								
	6"	10"	12"	6 O MAS VECES AL DIA 6 or more times a day	3 O 5 VECES AL DIA 3 or 5 times a day	2 VECES AL DIA 2 times a day	UNA VEZ AL DIA 1 time a day	5 O 6 VECES POR SEMANA 5 or 6 times a week	2 A 4 VECES POR SEMANA 2 to 4 times a week	UNA VEZ POR SEMANA 1 time a week	1 A 3 VECES AL MES 1 to 3 times a month	RARA VEZ O NUNCA Rarely or never
TORTILLAS												
TORTILLAS DE HARINA (EXCLUYENDO LAS QUE USA EN GUIADOS). Flour Tortillas (excluding use in mixed and side dishes).	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
TORTILLAS DE MAIZ (EXCLUYENDO LAS QUE USA EN GUIADOS). Corn Tortillas (excluding use in mixed and side dishes)	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

EN PROMEDIO, ¿QUE TAN SEGUIDO COME LOS SIGUIENTES ALIMENTOS?

On the average, how often do you eat the following foods?

	PORCION Portion Size			USO PROMEDIO Average Use								
	P	M	G	6 O MAS VECES AL DIA 6 or more times a day	3 O 5 VECES AL DIA 3 or 5 times a day	2 VECES AL DIA 2 times a day	UNA VEZ AL DIA 1 time a day	5 O 6 VECES POR SEMANA 5 or 6 times a week	2 A 4 VECES POR SEMANA 2 to 4 times a week	UNA VEZ POR SEMANA 1 time a week	1 A 3 VECES AL MES 1 to 3 times a month	RARA VEZ O NUNCA Rarely or never
PANES												
Breads	S	M	L									
PAN BLANCO, BIROTE/ BOLILLO, GALLETAS SALADAS, ETC., INCLUYENDO EN SANDWICHES. White Bread, Rolls, Crackers, Mexican Bread (including sandwich bread)	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
PAN O PANECILLOS DE TRIGO ENTERO INTEGRAL. Whole Wheat Bread / Rolls	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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EN PROMEDIO, ¿QUE TAN SEGUIDO COME LOS SIGUIENTES ALIMENTOS?

On the average, how often do you eat the following foods?

(CONTINUACION) (continued)	PORCION Portion Size			USO PROMEDIO Average Use								
	P S	M M	G L	6 O MAS VECES AL DIA 6 or more times a day	3 O 5 VECES AL DIA 3 or 5 times a day	2 VECES AL DIA 2 times a day	UNA VEZ AL DIA 1 time a day	5 O 6 VECES POR SEMANA 5 or 6 times a week	2 A 4 VECES POR SEMANA 2 to 4 times a week	UNA VEZ POR SEMANA 1 time a week	1 A 3 VECES AL MES 1 to 3 times a month	RARA VEZ O NUNCA Rarely or never
PANES Breads												
PAN DE MAIZ / ELOTE. Corn Bread	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
PANECITOS / BIZCOCHOS DE SALVADO, O INTEGRALES. Bran or whole wheat muffin	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
PANCAKES Y WAFFLES. Pancakes and Waffles	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
PAN DULCE. Sweet Bread	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
POSTRES Sweets												
NIEVE DE LECHE O HELADO. Ice Cream	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
NIEVE DE AGUA, PALETAS. Sherbet, Popsicles	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
NATILLA O FLAN, BUDIN. Custard or Pudding	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
ARROZ CON LECHE Y PASAS. Rice Pudding with Raisins	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
DONAS. Doughnuts	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
GALLETAS. Cookies	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
PASTEL. Cake	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
PASTEL, O DULCE DE CALABAZA, CAMOTE DE DULCE. Pumpkin Pie, Sweet Potato Pie	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
BUÑUELOS, SOPAPILLAS, PASTELILLOS. Pastries	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
EMPANADAS, COYOTAS. Turnovers, Coyotas	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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EN PROMEDIO, ¿QUE TAN SEGUIDO COME LOS SIGUIENTES ALIMENTOS?

On the average, how often do you eat the following foods?

(CONTINUACION) (continued)	PORCION Portion Size			USO PROMEDIO Average Use								
	P	M	G	6 O MAS VECES AL DIA 6 or more times a day	3 O 5 VECES AL DIA 3 or 5 times a day	2 VECES AL DIA 2 times a day	UNA VEZ AL DIA 1 time a day	5 O 6 VECES POR SEMANA 5 or 6 times a week	2 A 4 VECES POR SEMANA 2 to 4 times a week	UNA VEZ POR SEMANA 1 time a week	1 A 3 VECES AL MES 1 to 3 times a month	RARA VEZ O NUNCA Rarely or never
BOTANAS Salty Snacks and Spreads	S	M	L									
MOSTAZA, RABANO PICANTE. Mustard, Horseradish	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
JUGO Y/O GRASA DE CARNE CON HARINA (Gravy). Gravies made with Meat Drippings or White 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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
BEBIDAS Beverages												
AGUA. Water	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
JUGO DE NARANJA O TORONJA. Orange or Grapefruit Juice	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
LIMONADA. Lemonade/Limeade	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
HORCHATA. Rice-Based	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
JAMAICA. Tea of Hibiscus Flowers	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
JUGO DE UVA. Grape Juice	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
JUGO DE TOMATE. Tomato Juice	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
TANG, JUGOS EN POLVO INSTANTANEOS. Tang, Start Breakfast Drinks, Juice Drinks	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
REFRESCOS / SODAS NO DIETETICAS. Regular Soft Drinks	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
REFRESCOS / SODAS DIETETICAS. Diet Soft Drinks	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
CERVEZA. Beer	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
LICOR. Liquor / Alcohol	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
VINO. Wine	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
CAFE REGULAR. Regular Coffee	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
CAFE DESCAFEINADO. Decaffeinated Coffee	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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EN PROMEDIO, ¿QUE TAN SEGUIDO COME LOS SIGUIENTES ALIMENTOS?

On the average, how often do you eat the following foods?

<i>(CONTINUACION)</i> <i>(continued)</i>	PORCION Portion Size			USO PROMEDIO Average Use								
	P	M	G	6 O MAS VECES AL DIA 6 or more times a day	3 O 5 VECES AL DIA 3 or 5 times a day	2 VECES AL DIA 2 times a day	UNA VEZ AL DIA 1 time a day	5 O 6 VECES POR SEMANA 5 or 6 times a week	2 A 4 VECES POR SEMANA 2 to 4 times a week	UNA VEZ POR SEMANA 1 time a week	1 A 3 VECES AL MES 1 to 3 times a month	RARA VEZ O NUNCA Rarely or never
BEBIDAS Beverages	S	M	L									
LECHE AL 2% Y BEBIDAS CON LECHE AL 2% (SIN INCLUIR EN CEREALES). 2% Milk and Beverages with 2% Milk (excluding milk in cereals)	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
LECHE CONDENSADA. Condensed Milk	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
LECHE EVAPORADA. Evaporated Milk	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

ALIMENTOS ADICIONALES.

Additional Foods

1. ¿HAY ALGUN OTRO ALIMENTO QUE COME AL MENOS UNA VEZ AL MES Y QUE NO ESTE EN EL CUESTIONARIO?

Are there any foods not listed on the questionnaire that you eat at least once a month?

EN PROMEDIO, ¿QUE TAN SEGUIDO COME LOS SIGUIENTES ALIMENTOS?

Please list any additional foods and how often on average you eat each food?

	PORCION Portion Size			USO PROMEDIO Average Use								
	P	M	G	6 O MAS VECES AL DIA 6 or more times a day	3 O 5 VECES AL DIA 3 or 5 times a day	2 VECES AL DIA 2 times a day	UNA VEZ AL DIA 1 time a day	5 O 6 VECES POR SEMANA 5 or 6 times a week	2 A 4 VECES POR SEMANA 2 to 4 times a week	UNA VEZ POR SEMANA 1 time a week	1 A 3 VECES AL MES 1 to 3 times a month	
A.	<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"/>	<input type="radio"/>	<input type="radio"/>	
B.	<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"/>	<input type="radio"/>	<input type="radio"/>	
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"/>	<input type="radio"/>	<input type="radio"/>	
D.	<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"/>	<input type="radio"/>	<input type="radio"/>	
E.	<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"/>	<input type="radio"/>	<input type="radio"/>	
F.	<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"/>	<input type="radio"/>	<input type="radio"/>	

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8. POR LO GENERAL, CUANDO USÓ MAYONESA, ¿QUE TIPO USÓ?

- NO USÓ MAYONESA
- REGULAR
- BAJO EN GRASA O REDUCIDO EN CALORÍAS
- SIN GRASA

9. POR LO GENERAL, CUANDO COMIÓ PALOMITAS DE MAÍZ O ESQUITE, ¿COMO FUE PREPARADO?

- NO COMIÓ PALOMITAS DE MAIZ O ESQUITE
- HECHO EN ACEITE O COMPRADO DEL ALMACEN
- MICROONDA REGULAR
- MICROONDA LIGERO
- HECHO EN AIRE

10. POR LO GENERAL, ¿QUE TIPO DE GRASA USA?

- NINGUNA
- MARGARINA PARA UNTAR
- MARGARINA DE BARRA
- MANTEQUILLA
- MITAD MANTEQUILLA, MITAD MARGARINA
- MANTECA O GRASA DE TOCINO
- ACEITE VEGETAL

11. POR LO GENERAL, ¿CON QUE TIPO DE GRASA O ACEITE COCINA?

- NO SE O "YO NO COCINO"
- MARGARINA PARA UNTAR
- MARGARINA EN BARRA
- MANTEQUILLA
- ACEITE
- MANTECA, MANTECA DE GRASA O TOCINO
- PAM O "NO USO ACEITE"

12. ¿LLEVA ALGUNA DIETA ESPECIAL?

- NO
- SI, DIETA PARA BAJAR PESO
- SI, DIETA POR PROBLEMA DE SALUD
- SI, DIETA VEGETARIANA
- SI, DIETA BAJA EN SAL
- SI, DIETA BAJA EN COLESTEROL
- SI, DIETA PARA SUBIR DE PESO

8. When you used mayonnaise, what type did you usually use?

- Did not use mayonnaise
- Regular
- Low Fat or Reduced Calorie
- Fat-Free

9. When you ate popcorn, how was it usually prepared?

- Did not eat popcorn
- Popped in oil or pre-popped
- Regular microwave
- Light microwave
- Air-popped

10. What kind of fat do you usually use?

- Don't add fat
- Soft Margarine
- Stick Margarine
- Butter
- Half Butter, Half Margarine
- Lard, Fatback, Bacon fat
- Vegetable Oil

11. What kind of fat or oil do you usually cook with?

- Don't know or don't cook
- Soft Margarine
- Stick Margarine
- Butter
- Oil
- Lard, Fatback or Bacon Fat
- Pam or "no oil"

12. Are you currently on a special diet?

- No
- Yes, Weight Loss
- Yes, for Medical Condition
- Yes, Vegetarian
- Yes, Low Salt
- Yes, Low Cholesterol
- Yes, Weight Gain

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VITAMINA E. Vitamin E

CANTIDAD Amount				
0	0	0	0	0
1	1	1	1	1
2	2	2	2	2
3	3	3	3	3
4	4	4	4	4
5	5	5	5	5
6	6	6	6	6
7	7	7	7	7
8	8	8	8	8
9	9	9	9	9

DOSAGE UNITS
<input type="radio"/> IU
<input type="radio"/> g
<input type="radio"/> mg
<input type="radio"/> mcg (µg)
<input type="radio"/> ng
<input type="radio"/> RAE
<input type="radio"/> mg, TE
<input type="radio"/> mcg_DFE
<input type="radio"/> ml
<input type="radio"/> Other (specify): _____

VECES POR SEMANA Times Per Week	
0	0
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9

VITAMINA K. Vitamin K

CANTIDAD Amount				
0	0	0	0	0
1	1	1	1	1
2	2	2	2	2
3	3	3	3	3
4	4	4	4	4
5	5	5	5	5
6	6	6	6	6
7	7	7	7	7
8	8	8	8	8
9	9	9	9	9

DOSAGE UNITS
<input type="radio"/> IU
<input type="radio"/> g
<input type="radio"/> mg
<input type="radio"/> mcg (µg)
<input type="radio"/> ng
<input type="radio"/> RAE
<input type="radio"/> mg, TE
<input type="radio"/> mcg_DFE
<input type="radio"/> ml
<input type="radio"/> Other (specify): _____

VECES POR SEMANA Times Per Week	
0	0
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9

CALCIO (INCLUYENDO ANTI-ACIDOS CON CALCIO).

Calcium (including antacids with calcium)
MARCA. Brand: _____

CANTIDAD Amount				
0	0	0	0	0
1	1	1	1	1
2	2	2	2	2
3	3	3	3	3
4	4	4	4	4
5	5	5	5	5
6	6	6	6	6
7	7	7	7	7
8	8	8	8	8
9	9	9	9	9

DOSAGE UNITS
<input type="radio"/> IU
<input type="radio"/> g
<input type="radio"/> mg
<input type="radio"/> mcg (µg)
<input type="radio"/> ng
<input type="radio"/> RAE
<input type="radio"/> mg, TE
<input type="radio"/> mcg_DFE
<input type="radio"/> ml
<input type="radio"/> Other (specify): _____

VECES POR SEMANA Times Per Week	
0	0
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9

HIERRO. Iron

CANTIDAD Amount				
0	0	0	0	0
1	1	1	1	1
2	2	2	2	2
3	3	3	3	3
4	4	4	4	4
5	5	5	5	5
6	6	6	6	6
7	7	7	7	7
8	8	8	8	8
9	9	9	9	9

DOSAGE UNITS
<input type="radio"/> IU
<input type="radio"/> g
<input type="radio"/> mg
<input type="radio"/> mcg (µg)
<input type="radio"/> ng
<input type="radio"/> RAE
<input type="radio"/> mg, TE
<input type="radio"/> mcg_DFE
<input type="radio"/> ml
<input type="radio"/> Other (specify): _____

VECES POR SEMANA Times Per Week	
0	0
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9

MAGNESIO. Magnesium

CANTIDAD Amount				
0	0	0	0	0
1	1	1	1	1
2	2	2	2	2
3	3	3	3	3
4	4	4	4	4
5	5	5	5	5
6	6	6	6	6
7	7	7	7	7
8	8	8	8	8
9	9	9	9	9

DOSAGE UNITS
<input type="radio"/> IU
<input type="radio"/> g
<input type="radio"/> mg
<input type="radio"/> mcg (µg)
<input type="radio"/> ng
<input type="radio"/> RAE
<input type="radio"/> mg, TE
<input type="radio"/> mcg_DFE
<input type="radio"/> ml
<input type="radio"/> Other (specify): _____

VECES POR SEMANA Times Per Week	
0	0
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9

SELENIO. Selenium

CANTIDAD Amount				
0	0	0	0	0
1	1	1	1	1
2	2	2	2	2
3	3	3	3	3
4	4	4	4	4
5	5	5	5	5
6	6	6	6	6
7	7	7	7	7
8	8	8	8	8
9	9	9	9	9

DOSAGE UNITS
<input type="radio"/> IU
<input type="radio"/> g
<input type="radio"/> mg
<input type="radio"/> mcg (µg)
<input type="radio"/> ng
<input type="radio"/> RAE
<input type="radio"/> mg, TE
<input type="radio"/> mcg_DFE
<input type="radio"/> ml
<input type="radio"/> Other (specify): _____

VECES POR SEMANA Times Per Week	
0	0
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9

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