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National Health  
and Nutrition  
Examination Survey

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MEC IN-PERSON  
DIETARY  
INTERVIEWERS  
PROCEDURES  
MANUAL



January 2002



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# **1. OVERVIEW OF THE NATIONAL HEALTH AND NUTRITION EXAMINATION SURVEY**

This chapter provides a general description of the health examination surveys conducted by the National Center for Health Statistics (NCHS) and the current National Health and Nutrition Examination Survey (NHANES). It also provides an overview of the tasks that staff perform during the survey.

## **1.1 History of the National Health and Nutrition Examination Programs**

This NHANES is the eighth in a series of national examination studies conducted in the United States since 1960.

The National Health Survey Act, passed in 1956, gave the legislative authorization for a continuing survey to provide current statistical data on the amount, distribution, and effects of illness and disability in the United States. In order to fulfill the purposes of this act, it was recognized that data collection would involve at least three sources: (1) the people themselves by direct interview; (2) clinical tests, measurements, and physical examinations on sample persons; and (3) places where persons received medical care such as hospitals, clinics, and doctors' offices.

To comply with the 1956 act, between 1960 and 1984, the National Center for Health Statistics (NCHS), a branch of the U.S. Public Health Service in the U.S. Department of Health and Human Services, has conducted seven separate examination surveys to collect interview and physical examination data.

The first three national health examination surveys were conducted in the 1960s:

1. 1960-62 – National Health Examination Survey I (NHES I)
2. 1963-65 – National Health Examination Survey II (NHES II)
3. 1966-70 – National Health Examination Survey III (NHES III)

NHES I focused on selected chronic disease of adults aged 18-79. NHES II and NHES III focused on the growth and development of children. The NHES II sample included children aged 6-11, while NHES III focused on youths aged 12-17. All three surveys had an approximate sample size of 7,500 individuals.

Beginning in 1970 a new emphasis was introduced. The study of nutrition and its relationship to health status had become increasingly important as researchers began to discover links between dietary habits and disease. In response to this concern, under a directive from the Secretary of the Department of Health, Education and Welfare, the National Nutrition Surveillance System was instituted by NCHS. The purpose of this system was to measure the nutritional status of the U.S. population and monitor nutritional changes over time. A special task force recommended that a continuing surveillance system include clinical observation and professional assessment as well as the recording of dietary intake patterns. Thus, the National Nutrition Surveillance System was combined with the National Health Examination Survey to form the National Health and Nutrition Examination Survey (NHANES). Four surveys of this type have been conducted since 1970:

1. 1971-75 – National Health and Nutrition Examination Survey I (NHANES I)
2. 1976-80 – National Health and Nutrition Examination Survey II (NHANES II)
3. 1982-84 – Hispanic Health and Nutrition Examination Survey (HHANES)
4. 1988-94 – National Health and Nutrition Examination Survey (NHANES III)

NHANES I, the first cycle of the NHANES studies, was conducted between 1971 and 1975. This survey was based on a national sample of about 28,000 persons between the ages of 1-74. Extensive data on health and nutrition were collected by interview, physical examination, and a battery of clinical measurements and tests from all members of the sample.

NHANES II began in 1976 with the goal of interviewing and examining 28,000 persons between the ages of 6 months to 74 years. This survey was completed in 1980. To establish a baseline for assessing changes over time, data collection for NHANES II was made comparable to NHANES I. This means that in both surveys many of the same measurements were taken in the same way, on the same age segment of the U.S. population.

While the NHANES I and NHANES II studies provided extensive information about the health and nutritional status of the general U.S. population, comparable data were not available for many of the ethnic groups within the United States. Hispanic HANES (HHANES), conducted from 1982 to 1984, produced estimates of health and nutritional status for the three largest Hispanic subgroups in the United States—Mexican Americans, Cuban Americans, and Puerto Ricans—that were comparable to the estimates available for the general population. HHANES was similar in design to the previous HANES studies, interviewing and examining about 16,000 people in various regions across the country with large Hispanic populations.

NHANES III, conducted between 1988 and 1994, included about 40,000 people selected from households in 81 counties across the United States. As previously mentioned, the health status of minority groups is often different than the health status and characteristics of nonminority groups, so black Americans and Mexican Americans were selected in large proportions for NHANES III. Each group comprised 30 percent of the sample. NHANES III was the first survey to include infants as young as 2 months of age and to include adults with no upper age limit. To obtain generalizable estimates, infants and young children (1-5 years) and older persons (60+ years) were sampled at a higher rate than previously. NHANES III also placed an additional emphasis on the effects of the environment upon health. Data were gathered to measure levels of pesticide exposure, presence of certain trace elements in the blood, and amounts of carbon monoxide present in the blood. A home examination was incorporated for those persons who were unable or unwilling to come to the exam center but would agree to an abbreviated examination in their homes.

In addition to NHANES I, NHANES II, Hispanic HANES, and NHANES III, several other HANES projects have been underway since 1982. These projects have been a part of the HANES Epidemiologic Follow-up Survey, a multiphase survey conducting follow-up interviews with the NHANES I population in order to provide longitudinal data on the health of the U.S. population.

## **1.2 Overview of the Current NHANES**

This NHANES follows in the tradition of past NHANES surveys, continuing to be a keystone in providing critical information on the health and nutritional status of the U.S. population.

The major difference between the current NHANES and previous surveys is that the current NHANES is conducted as a **continuous, annual survey**. Each single year and any combination of consecutive years of data collection comprises a nationally representative sample of the U.S. population. This new design allows annual statistical estimates for broad groups and specific race-ethnicity groups as well as flexibility in the content of the questionnaires and exam components. New technologic innovations in computer-assisted interviewing and data processing result in rapid and accurate data collection, data processing, and publication of results.

The number of people examined in a 12-month period will be about the same as in previous NHANES, about 5,000 a year from 15 different locations across the nation. The data from the NHANES are used by government agencies, state and community organizations, private researchers, consumer groups, companies, and health care providers.

### **1.2.1 Data Collection**

Data collected on the current NHANES survey began early in 1999 and will continue for approximately 6 years at 88 locations (stands) across the United States. The survey was preceded by a pretest in the spring of 1998 and a dress rehearsal was conducted in early 1999.

Approximately 40,000 individuals of all ages in households across the U.S. will be randomly selected to participate in the survey. The study respondents include whites as well as an oversample of blacks and Mexican-Americans. The study design also includes a representative sample of these groups by age, sex, and income level. Adolescents, older people, and pregnant women are also oversampled in the current NHANES.

The overall goals of the NHANES are to:

- Estimate the number and percentage of persons in the U.S. population and designated subgroups with selected diseases and risk factor;
- Monitor trends in the prevalence, awareness, treatment, and control of selected diseases;
- Monitor trends in risk behaviors and environmental exposure;
- Analyze risk factors for selected diseases;

- Study the relationships between diet, nutrition, and health; and
- Explore emerging public health issues and new technologies.

Selected persons are invited to take part in the survey by first being interviewed in their homes. Household interview data are collected via computer-assisted personal interviewing (CAPI) and include demographic, socioeconomic, dietary, and health-related questions. Upon completion of the interview, respondents are asked to participate in a physical examination. The examination is conducted in a specially equipped and designed Mobile Examination Center (MEC), consisting of four trailers. The MEC houses the state-of-the-art exam equipment and is divided into rooms to assure the privacy of each study participant during the exams and interviews. The examination includes a physical and dental examination conducted by a physician and a dentist, laboratory tests, a variety of physical measurements, and other health interviews conducted by highly trained medical personnel.

Participants who are 50 years and older or less than 1 year old and are unable or unwilling to travel to the MEC will be offered a home examination administered by an examiner from the MEC.

The household interviews and MEC exam combined will collect data in the following important health-related areas:

- Cardiovascular and respiratory disease;
- Vision;
- Hearing;
- Mental illness;
- Growth;
- Infectious diseases and immunization status in children;
- Obesity;
- Dietary intake and behavior;
- Nutritional status;
- Disability;
- Skin diseases;

- Environmental exposures;
- Physical fitness; and
- Other health-related topics.

### **1.3 Sample Selection**

A sample is defined as a representative part of a larger group. Since it is impossible to interview and examine everyone in the U.S. for NHANES, a representative sample is taken of the U.S. population. By studying a representative sample of the population, it is assumed that the findings would not have been too different had every person in the U.S. been studied. Because generalizations about the population will be made, it is extremely important that the sample be selected in a way that accurately represents the whole population. Statisticians calculate the size of the sample needed and take into consideration the geographic distribution and demographic characteristics of the population, such as age, gender, race, and income.

An introductory letter is sent to each household in the sample. A few weeks after the letter goes out, interviewers visit each listed household and use carefully designed screening procedures to determine whether any residents are eligible for the survey. If eligible residents are present, the interviewer then proceeds to introduce the study, presents the Sample Person (SP) a survey brochure, and obtains a signed consent for the household interview. The brochure contains detailed information on the survey, the household interview, and the MEC examination.

A signed consent form must be obtained from each eligible individual before the household interview can be conducted. A refusal to sign the consent form is considered a refusal to participate in the survey. After the interview is completed, the interviewer then explains the MEC exam, obtains another signed consent form for the MEC exam, and contacts the field office to schedule a MEC appointment for the SP. All SPs aged 12 years and older must sign the Examination Consent forms to participate in the MEC examination. Parental consent is also required for SPs under 18 years of age. SPs aged 7-11 years old are asked to sign the Examination Assent Form. An additional consent form is required for consent to future general research for both adults (ages 18+) and parents of children under 18 years. This consent form gives permission to store a small sample of blood and urine for future specimen testing. A refusal to sign the MEC consent or assent form is considered a refusal to participate in the examination phase of the survey. Examinations will not be performed on sample persons who do not sign a consent form.

## 1.4 Field Organization for NHANES

There are two levels of field organization for this study - the home office staff and the field staff.

- **Home Office Staff from Westat** – Project staff from Westat are responsible for overseeing the field teams and field work.
- **Field Office (FO) Staff** – For this survey, an office will be opened at every survey location (stand). Each field office will have a Study Manager (SM), Office Manager (OM), a Field Manager (FM), two Assistant Office Managers (AOMs), and a Data Manager (DM).
  - The **Study Manager (SM)** is responsible for the overall management of operations at a stand.
  - The **Office Manager (OM)** is responsible for the stand office operations and is the main conduit for the flow of work and information between the MEC and the household interviewing staff. S/he will supervise one or more local office clerks hired to assist with office activities. The OM reports to the SM.
  - The **Field Manager (FM)** has primary responsibility for the supervision of the household interviewers. The FM also assists the SM and supervises the activities of the Assistant Office Managers. S/he will deal with administrative issues, ISIS problems, and preparations for the next stand.
  - The **Assistant Office Managers (AOMs)** are primarily responsible for data entry into the Integrated Survey Information System (ISIS), editing data collection materials, and verification of interviewer work. The AOMs report to the FM and also work closely with the OM.
  - The **Data Manager (DM)** assists in the setup and testing of computer systems and telecommunications hookups at the FO and MEC. S/he also coordinates the maintenance and repair of computer systems at the FO and MEC with the home office and external vendors and acts as the FO and MEC systems “help desk” person. The data manager reports to the SM on administrative matters and the HO for ISIS-related matters.
- **Household Interviewers** – This staff is primarily responsible for identifying and enrolling the survey participants, conducting the household interviews, and appointing the study participants for the MEC exam. Specifically, household interviewers will locate occupied residential dwelling units, administer the Screener to select eligible sample persons, obtain signed consents to the household interview, conduct the interviews, set up examination appointments, obtain consents for the MEC exam, conduct field reminders for MEC appointments, and assist in rescheduling broken, cancelled, and no-show appointments.

Several times a week, household interviewers visit the field office and report to the field manager. During the course of the study, interviewers also interact on a daily basis with other field office staff and home office staff.

- **MEC Staff** – This staff of health professionals conducts the health exams. The survey includes two exam teams.

There are 17 individuals on each traveling team: 1 MEC manager, 1 MEC coordinator, 1 licensed physician, 1 licensed dentist, 3 medical technologists, 4 health technologists, 2 MEC interviewers, 2 dietary interviewers, 1 phlebotomist, and 1 home examiner. In addition, local assistants are recruited, trained, and employed at each stand to assist the exam staff.

The following section describes the steps that are always completed prior to the opening of a stand and an overview of the tasks that interviewers are expected to perform. Highlighted items are basic concepts critical to the conduct of the study.

Steps completed prior to interviewing include:

- Statisticians scientifically select certain segments in the sampling area. A segment is an area with definite boundaries, such as a city block or group of blocks containing a cluster of households.
- Twelve weeks before data collection begins, NHANES staff list the segments. Listing is the systematic recording on special forms of the address of every dwelling unit (DU) located within the segment. Commercial buildings and other structures not intended as living quarters are not listed.
- A sample of dwelling units is selected from the listing forms. This sample is the group of addresses that interviewers visit in order to conduct interviews.
- Immediately before data collection begins, an advance letter is sent to each dwelling unit with a mailing address. This letter briefly describes the study and inform the household that an interviewer will contact them in the near future.

The tasks interviewers perform when they arrive at a stand include:

1. After the successful completion of training, interviewers are given an assignment of sampled dwelling units to contact. Each assignment consists of pre-labeled Household Folders, pre-labeled Neighbor Information Forms, and the appropriate Segment Folder.
2. Using addresses on the Household Folders and listing/mapping materials in the Segment Folder, interviewers locate these dwelling units.
3. If a selected address is not a dwelling unit or is not occupied, interviewers complete the “Vacant/Not a DU Section” on the Screener Non-Interview Form.

4. In an occupied residential dwelling unit, interviewers contact an adult who lives in the selected household and administer the Screener using a laptop computer.

The Screener is an interview that lists all the individuals who live in the household, divides the household into families, and collects all the demographic characteristics necessary to immediately determine if there are persons in the household eligible for further interviewing.

All instructions necessary to determine eligibility and to select sample persons (SPs) are programmed in the CAPI Screener.

5. If all persons in a household are ineligible, no further work is done with the case. When eligible household members are identified, interviewers continue to conduct all the necessary tasks associated with the case.
6. In eligible households, the interviewer obtains a signed interview consent form prior to completing the medical history and/or the family questionnaire.
7. Next, the appropriate medical history CAPI interview is administered to eligible respondents. The questions asked depend on the age of the SP.
8. In each household containing children aged 1-5, floor and window sill dust samples are obtained. These samples provide information on lead levels in the household environment.
9. A Family questionnaire is also administered to one adult family member from each eligible family in the household.
10. Next, an appointment is scheduled for each SP, coordinating the MEC schedule and the SP schedule.
11. Interviewers then obtain signed consent form(s) for each SP for the examination, call the field office to confirm the examination appointment(s), and give each SP an appointment slip.
12. If there is more than one eligible family in a household, this process is repeated with each additional family.
13. Interviewers record the result of each contact or attempted contact with the household on the Call Record located in the Household Folder.
14. Interviewers also support the survey by conducting field reminders prior to MEC appointments and reschedule broken, cancelled, or no-show MEC appointments.
15. If an interviewer is unable to complete any of the questionnaires or procedures for any SP, an SP Card is completed. This card documents the problems encountered in completing one or more tasks.

16. Interviewers check for missed DUs and/or structures when instructed to do so. If any are found, the Missed DU or Missed Structure Procedures is implemented and appropriate forms will be completed.
17. When an interview has been completed, interviewers edit their work, carefully reviewing all forms for completeness and legibility.
18. Interviewers report in person to the FM at the stand office for regularly scheduled conferences, usually every other day. During these conferences, interviewers discuss completed cases, discuss problems with incomplete cases, receive new case assignments, and report time, expenses, and production.
19. To insure the accuracy and completeness of the survey, all interviewer work is edited by the field office staff, and then validated by recontacting respondents. After this review, supervisors provide interviewers with feedback concerning the quality of the work.
20. At the end of each stand field period, interviewers return all interviewing materials to the supervisor.

## **1.5 Exams and Interviews in the Mobile Examination Center (MEC)**

Examinations and interviews are conducted in a mobile examination center (MEC), which is composed of four specially equipped trailers. Each trailer is approximately 48 feet long and 8 feet wide. The trailers are set up side-by-side and connected by enclosed passageways. During the main survey, detachable truck tractors drive the trailers from one geographic location to another.

Exhibit 1-1 shows a floor plan for the MEC. The interior of the MEC is designed specifically for this survey. For example, the trailers are divided into specialized rooms to assure the privacy of each study participant during exams and interviews. Many customized features have been incorporated including an audiometry room that uses a soundproof booth, a wheelchair lift, and a wheelchair-accessible bathroom available to assist participants with mobility problems. Exhibit 1-2 shows the locations of the various exams within the MEC.

Exhibit 1-1. Floor plan of the MEC

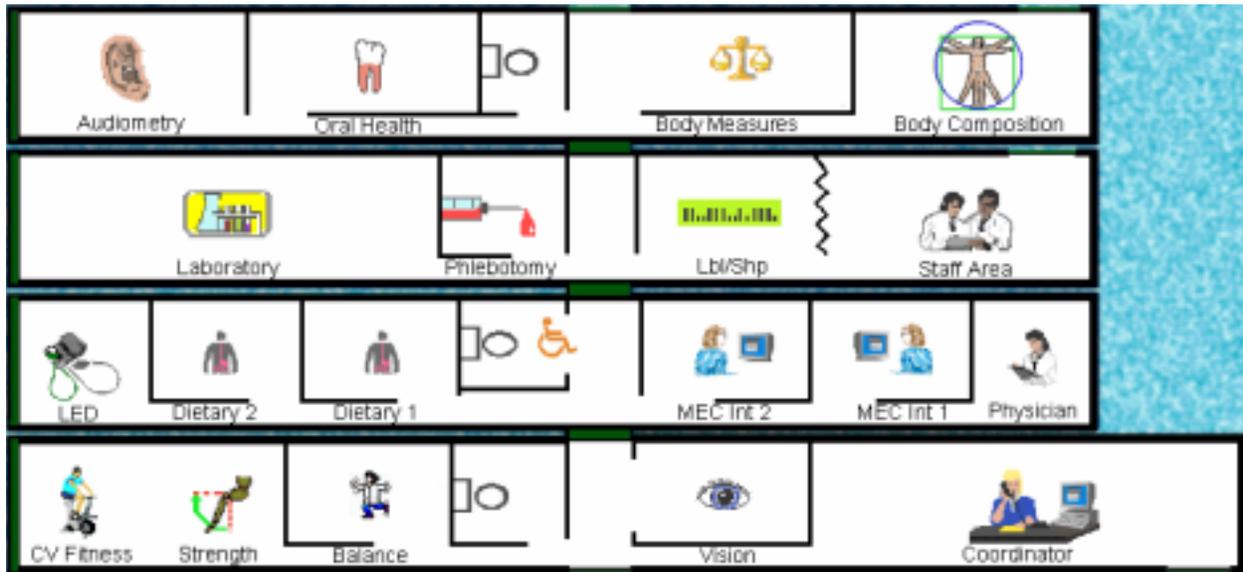


Exhibit 1-2. MEC exams and rooms

<u>Trailer</u>	<u>Room</u>	<u>Room Use</u>
Trailer 1	Reception area Vision room Balance Fitness	Welcoming and waiting area for SPs Vision tests Balance test Cardiovascular fitness and muscle strength
Trailer 2	Physician MEC Interview MEC Interview Dietary Interview Dietary Interview Lower Extremity Disease	Physical examination Health interview Health interview Dietary interview Dietary interview Testing for lower extremity pulses and sensitivity
Trailer 3	Venipuncture Laboratory Label/shipping area Staff lounge	Drawing of blood samples, MRSA collection Processing of urine and blood samples Lab area for labeling and shipping specimens Staff area that houses main computer system
Trailer 4	Total Body Composition  Body Measures Dental Audiometry/Tympanometry	Total body composition scans and bioimpedance Body measurements Dental exam Hearing tests

**1.5.1 Exam Sessions**

The MEC operates 5 days a week and includes weekday, evening, and weekend sessions. Two 4-hour sessions are scheduled each day with approximately 10-12 SPs per session. During a stand, work weeks rotate to offer a variety of MEC appointments on weekday mornings, afternoons, and evenings, and every weekend.

## 1.5.2 Exam Team Responsibilities

There are 17 individuals on each exam team. In addition, a local assistant will be hired to assist the staff in managing examinee flow. The duties of the exam team members are summarized below:

- One MEC manager supervises the exam staff, manages the facility, and supports exam operations.
- One coordinator directs the flow of SPs through the MEC examination process. The coordinator manages all SP appointments, verifies that all components are completed for each SP, and exits SPs from the MEC.
- One physician conducts the medical examination and records results, reviews the results of the complete blood count and pregnancy test, and serves as the safety officer for the MEC.
- One dentist conducts the dental exam and calls the results to a health technologist who records the findings.
- Two health (MEC) interviewers administer questionnaires for physical and mental health information.
- Two dietary interviewers administer the dietary questionnaire. The interviewers record a 24-hour dietary recall of the types and amounts of foods consumed by the SP in the last 24 hours.
- Four health technologists with radiologic technology or other health training take and record body measurements, perform balance tests, vision tests, cardiovascular fitness tests, muscle strength assessments, lower extremity measures, total body composition (DEXA) scans, bioimpedance (BIA) tests, administer hearing tests, and collect skin images. In addition, the technologists record findings for the dental examiner.
- Three medical technologists conduct clinical laboratory tests on biological and environmental specimens, record the results of the tests, and prepare and ship specimens to various laboratories.
- One phlebotomist administers the phlebotomy questionnaire draws blood from SPs, and recruits SPs for special studies.

- One home examiner performs home exams for SPs aged 50 years and older or under 1 year old who are unable or unwilling to travel to the MEC. The home exam lasts approximately 1 hour and includes the following:
  - Height;
  - Weight;
  - Skinfold measures;
  - Blood pressure;
  - Near vision;
  - Blood samples and nasal (MRSA) swab collection; and
  - Reproductive history for females.

The home examiner assists the MEC laboratory and phlebotomy staff when not performing home exams.

Each staff member is part of a team of professional persons with specific assignments that must be completed in order to accomplish the overall objective of the survey. Each individual must be aware of and respect the job demands placed upon other staff members, maintain an attitude of tolerance and consideration for fellow members of the team, and willingly perform extra tasks that may be assigned to support other staff members in the performance of their duties. MEC staff members may be requested to perform tasks not directly related to their specific professional skills in order to implement the overall data collection plan.

### **1.5.3 Examination Components**

The full examination for an adult takes approximately 3½ hours, but the actual length depends on the SP's age. Some exams are done only on certain age groups so the exam profiles vary, even among adult SPs. The exam components are described briefly below and summarized in Exhibit 1-3:

- **Anthropometry**

The purpose of the anthropometry component is to provide: (1) nationally representative data on selected body measures, (2) estimates of the prevalence of overweight and obesity, (3) data to study the association between body measures and such health conditions and risk factors as cardiovascular disease, diabetes, hypertension, and activity and dietary patterns, and (4) data to monitor growth and

development in children. A total of 11 body measurements are collected, but the number and type of measures varies with the age groups.

■ **Balance**

Balance disorders, disequilibrium, and dizziness from vestibular disorders constitute a major public health problem. Primary disorders may be hidden by their consequences, such as falls, while subtle dysfunction may underlie difficulties in learning, writing, reading, and in everyday activities. The main objectives of the balance test are to obtain prevalence data, examine the relationship between balance disorders and other factors, and to characterize normal and disordered balance and spatial orientation. The standard Romberg test is used to measure postural sway.

Exhibit 1-3. Examination components

Component	Ages
Anthropometry	All
Audiometry/Tympanometry	20-69 (half-sample)
Balance	40+
Bioimpedance (BIA)	8-49
Cardiovascular Fitness	12-49
Dietary Interview	All
Muscle Strength	50+
Lower Extremity Disease	40+
MEC Interview	8+
Mental Health	8-19 years (also includes parents of 8-15-year-olds); 20-39 years (half-sample)
MRSA sample collection	1+
Oral Health	2+
Physician Exam	All
Total Body Composition	8+
Urine Collection	6+
Venipuncture	1+
Vision	12+
Volatile Organic Compounds (VOC)	20-59 (random subsample)

- **Bioelectrical Impedance Analysis (BIA)**

The purpose of the BIA exam is to monitor secular trends in overweight prevalence, describe the prevalence of obesity, and examine the relationship between overweight and obesity and other examination measures. BIA measures the electrical impedance of body tissues and is used to assess fluid volumes, total body water, body cell mass, and fat-free body mass.

- **Cardiovascular Fitness and Muscular Strength**

Evaluation of physical fitness provides nationally representative data on measures of physical fitness, estimate the prevalence of persons at risk due to sedentary habit and poor physical fitness, and provide data to study the relationship between leg strength, lower extremity function, and activity limitations. Cardiovascular fitness is assessed with a submaximal treadmill test on examinees aged 12 through 49 years. Lower body strength is assessed using a timed measured walk and isokinetic strength testing of the knee extensors and flexors in examinees aged 50 and older.

- **Dietary Interview**

The goal of the dietary component is to estimate total intake of foods, food energy and nutrients, nonnutrient food components, and plain drinking water by the U.S. population; and assess dietary behaviors and the relationship of diet to health. Quantitative dietary intake data is obtained for all subjects by means of a 24-hour dietary recall interview using a computer-assisted dietary data entry system. A second 24-hour recall will be conducted on all SPs by telephone through a phone center operation at the home office.

- **Hearing**

The goals of the hearing exam are to obtain normative data on the hearing status of the adult U.S. population, and to evaluate certain covariates that may be related to hearing loss, such as occupational exposure. The hearing component tests adults by performing pure tone audiometry and tympanometry. Because pure tone screening by itself may not be sensitive enough to detect middle ear disease, tympanometry is conducted to provide an estimate of tympanic membrane compliance.

- **Laboratory**

The laboratory component includes the collection and processing of various biological and environmental specimens including blood for subjects 1 year and older, urine for subjects 6 years and older. On-site pregnancy testing excludes pregnant women from other examination components such as DEXA, BIA, and cardiovascular fitness testing. Complete Blood Counts (CBCs) are also performed in the MEC laboratory. All other specimen testing is performed by Federal, private, and university-based laboratories under contract to NCHS.

- **Lower Extremity Disease (LED)**

The purpose of this component is to determine the prevalence of LED and its risk factors. Simple and reproducible measures of lower extremity arterial disease are obtained. Peripheral neuropathy is evaluated by measurement of cutaneous pressure sensation in the feet. Foot deformities permit the estimation of prevalence of those at high risk for the late-stage complications of LED.

- **MEC Interview**

The MEC Interview consists of questionnaire sections designed to obtain information on health behaviors, specific conditions, medical history, and risk factors. The information collected in the interview is intended to assist researchers in analyzing the data collected in the other examination components. The interview is administered to all age-eligible subjects, or a suitable proxy, using computer-assisted interviewing software.

- **Mental Health**

The mental health assessment is used to estimate the prevalence of selected disorders in the U.S. and to describe the degree of comorbidity between mental health disorders and other medical conditions and biological risk factors. Assessments are made during the MEC Interview using relevant portions of the Diagnostic Interview Schedule for Children (DISC) and the Composite International Diagnostic Interview (CIDI) for adults.

- **Methicillin-Resistant *S. Aureus* (MRSA) Sample Collection**

A nasal swab specimen collection for Methicillin-Resistant *Staphylococcus aureus* (*S. aureus*) is obtained on SPs aged 1+ years for the purpose of estimating the prevalence of MRSA in the population. Antimicrobial resistance to *S. aureus* has increased so dramatically, particularly in the hospital setting, that currently only one treatment option exists for this organism. NHANES is the first population-based prevalence study of MRSA. No other population-based studies or national surveillance efforts are available to provide reliable national estimates for this problem.

- **Oral Health**

This component monitors oral health status, risk factors for disease, and access to preventive and treatment services. The exam consists of a series of subcomponents which assess dentition and periodontal disease.

- **Physicians' Exam**

Blood pressure assessment and discussion of testing for sexually transmitted disease are the primary elements of the physician's exam. The purpose of assessment of blood pressure is to monitor prevalence and trends in major cardiovascular conditions and risk factors and to evaluate prevention and treatment programs targeting cardiovascular disease. The physician discusses the purpose of STD testing and arranges for SPs to select a unique password with which to phone NCHS and obtain test results.

- **Total Body Composition**

This component is composed of the BIA and Dual Energy X-ray Absorptiometry (DEXA). The purpose of the DEXA scan is to gain insights into age, gender, and racial/ethnic differences in the skeleton relative to other measures of body composition such as total muscle and fat mass, as well as behavioral factors such as diet and activity. A total body scan using dual energy X-rays is performed to provide measures of bone mineral content, bone mineral density, muscle and fat mass.

- **Vision**

The vision examination consists of a near vision acuity test, a distance vision acuity test, an eyeglass prescription determination (when appropriate), and an automated refraction measurement. Information from the component may be used to estimate the prevalence of visual acuity impairment and distribution of refractive error in the U.S. population. Data are also used to evaluate screening strategies for visual impairment and eye disease, and evaluate functional impairment related to vision.

- **Volatile Organic Compounds (VOC)**

Information on levels of exposure to a selected group of volatile organic compounds is collected on a subsample of the survey population to assist in determining whether regulatory mechanisms are needed to reduce the levels of hazardous air pollutants to which the general population is exposed.

#### **1.5.4 Second Exams**

Approximately 5 percent of SPs aged 12-69 who are examined in each stand are asked to return for a second MEC exam. Data from the second exam is used to obtain quality control data of

survey procedures. The second exam components are similar, but modified versions of the original MEC exams. SPs who return for a second exam are included as a convenient VOC sample. Two additional VOC blood tubes are drawn and a questionnaire is administered. Also, not all components are repeated. Exams are generally conducted by the same examiner who obtained the first exam.

SPs who return for second exams receive remuneration for their visit and transportation.

### **1.5.5 Sample Person Remuneration**

All examinees receive remuneration for the MEC visit as well as payment for transportation expenses. The MEC visit remuneration is age-related and includes an extra incentive if the SP fasts prior to the exam. Additional, remuneration is offered for the VOC component, the home exam, and the second MEC exam.

### **1.5.6 Report of Exam Findings**

Examinees receive the results of many of the tests and exams conducted in the MEC, though some results are used only for research and are not reported.

One report, a Preliminary Report of Findings, is produced for the SP on the day of their examination and includes results that are immediately available and require no further evaluation or interpretation. Just prior to the examinee's departure from the MEC, the coordinator prints a report that includes height, weight, and body mass index, complete blood count, blood pressure, and results from the audiometry, cardiovascular fitness, lower extremity disease, vision, and dental exams. The MEC physician reviews the blood pressure and complete blood count test results for abnormalities and discusses any problems with the SP (or their parent). The dentist also discusses the dental recommendations with the SP. Approximately 12-16 weeks after the exam, NCHS mails the remainder of the examination results to the SP after appropriate clinical or quality reviews are completed. Seriously abnormal results are reported to the SP via telephone by NCHS before the remaining findings are mailed.

Certain tests, such as those for sexually transmitted diseases (chlamydia, gonorrhea, syphilis, Herpes simplex 1 and 2, bacterial vaginosis, and Trichomoniasis) and human immunodeficiency virus

(HIV) are released only to the sample person using a specially devised procedure requiring a unique password.

To further assist sample persons, an in-house NCHS survey response team is available to answer calls from NHANES participants regarding the results from the Report of Finding System. The response team effort works both as a triage mechanism and a surveillance system. A receipt and control record is kept on all sample person inquiries. Also available at no cost to sample persons is an 800 toll-free telephone number which can be accessed during regular scheduled business hours. The response team members include a physician, a nurse with a doctorate degree, and other staff who are trained to answer specific questions.

Tests and procedures conducted in the MEC are not considered diagnostic exams and are not a substitute for an evaluation by a medical professional. No clinical treatments or health interventions of any type are performed in the MEC. If a health problem is discovered during the course of the MEC exam, the physician offers to contact the examinee's personal healthcare provider or recommend a local physician or clinic for follow-up care. If a sample person is found to have a serious condition requiring immediate attention, the local rescue squad may be summoned or the SP will be advised to seek immediate medical treatment.

### **1.5.7 Dry Run Day**

At the beginning of the examination period, one-half day is devoted to calibrating instruments, practicing MEC procedures, and collecting biological specimens that serve as blind quality control samples. A dry run day is scheduled immediately prior to the first exam day of every stand to make sure that all equipment is operational, supplies are adequate, and the facility is working properly. Any problems are corrected quickly before the "real" examinations begin. All procedures in the dry run are completed as though the actual exam session was being conducted. The only difference is that the examinees are actual volunteers who are not part of the sample for the survey. Volunteers may include local residents, local officials, or field employees or guests of NCHS.

## **1.6 Integrated Survey Information System (ISIS)**

The Integrated Survey Information System (ISIS) is a computer-based infrastructure designed to support all survey operations including sample management, data collection, data editing, quality control, analysis, and delivery of NHANES data. With a collection of customized subsystems, the ISIS links the Field Office, Mobile Examination Center, Westat home office, and NCHS during field operations. Each component in NHANES such as Dietary Interview has a computer application for direct data entry. Data collected in the Dietary Interview room of the mobile examination center is directly entered in the ISIS system computers. In addition, data from biomedical equipment such as the blood pressure monitor in the CV Fitness room is directly downloaded to the ISIS system where it is displayed on the computer screen and stored in the system database.

## **1.7 Confidentiality and Professional Ethics**

All information regarding this study must be kept strictly confidential except as required by law. This includes location of survey sites. Since this study is being conducted under a contract with the National Center for Health Statistics, the privacy of all information collected is protected by two public laws: Section 308(d) of the Public Health Service Act (42 U.S.C.242m) and the Privacy Act of 1974 (5 U.S.C. 552a).

Each person working on the study must be continuously aware of the responsibility to safeguard the rights of all the individuals participating in the study. Each participant should be treated courteously, not as a sample number. Never divulge names or any other information about study participants except to the research team. Refrain from any discussions about study participants, in or out of the MEC, which might be overheard by people not on the survey staff. All of the members of the research team are under the same legal, moral, and ethical obligations to protect the privacy of the SPs participating in the survey. No participant names will be included in any reports prepared about the survey and neither NCHS nor the contractor is allowed to release information that would identify study participants without the consent of the participants.

Cooperation from the public is essential to the success of survey research. A great deal of effort is expended in obtaining cooperation from many national, regional, state, and local officials and the general public. It is the responsibility of every field employee to build on the integrity of the survey to

encourage continued access to study participants during current and future surveys. Professional conduct, both on and off the job, is extremely important.

Each staff member has a responsibility for promoting good public relations. The Public Health Service and the contractor will be judged by the actions of the staff both on and off duty; consequently staff must be discreet in speech and action. Personal appearance and behavior must be governed by these same considerations. Please be aware of the audience at all times and avoid statements or actions that could shed an unfavorable light on the survey.

Staff will be asked to sign a pledge of confidentiality before the survey begins. This pledge states that they are prohibited by law from disclosing any information while working on the survey to anyone except authorized staff of NCHS and the contractor, and that they agree to abide by the contractor's Assurance of Confidentiality.

## **2. INTRODUCTION TO THE DIETARY INTERVIEW**

### **2.1 Dietary Interview Component in the National Health and Nutrition Examination Survey**

Dietary information has been collected in NHANES since the 1970s. Researchers and policymakers rely on NHANES data for detailed information about the foods and beverages that are consumed by the U.S. population. In addition to providing important national reference data on food and nutrient intakes that are obtained on all survey participants, the data help us to learn about food patterns of ethnic subgroups, the adequacy of diets consumed by young children and older persons, and the contribution of food to total nutrient intakes. Total nutrient intakes from food and dietary supplements can be computed by combining NHANES Dietary Recall data with household interview dietary supplement information. Many federal agencies use NHANES data to evaluate federal regulations in the areas of food fortification and human risk assessment analyses that are used to measure human exposure to contaminants that are found in food. All of these monitoring and research applications are dependent on the quality and completeness of the dietary interview data.

In the current survey, two dietary interviews will be administered to all SPs. The primary dietary interview is administered in person in the MEC (the MEC In-person interview). A follow-up dietary interview is conducted by telephone from the home office and is called “the Phone Follow-up (PFU) interview.”

The MEC In-person interview will be administered during the MEC exam along with the other exam components. At the end of the MEC dietary interview, the interviewers will schedule the sample persons (SPs) for a PFU interview 3-10 days later. Dietary telephone interviewers at the Westat home office will conduct the PFU interviews.

As describe in Section 1.5.4, approximately 5 percent of the SPs will be asked to participate in a 2<sup>nd</sup> MEC exam for quality control purposes. Those SPs who return for a second exam will receive a 2<sup>nd</sup> MEC dietary interview. For this 5 percent subsample, three dietary interview records are collected.

The dietary interview is comprised of two sections, the Dietary Recall section and the Post-recall section. The same computer-assisted dietary interview system and similar quality control

procedures are used for the MEC In-person, PFU, and the 2<sup>nd</sup> MEC exam dietary interviews. The computerized Dietary Recall interview and data processing systems we currently use were implemented into the survey at the beginning of 2002. These systems were developed by Westat under contract to the Agricultural Research Service (ARS) of the U.S. Department of Agriculture (USDA). While the three dietary interviews collect similar data, there are some differences that are described below.

**MEC In-Person interview.** The MEC In-person interview collects 24-hour recall data in the Dietary Recall section and a short set of Post-recall questions. A set of 3-dimensional measuring guides, including glasses, bowls, mugs, mounds, circles, thickness sticks, spoons, a ruler, cartons, and some 2-dimensional tools, such as a grid, two wedges and pictures of shapes, chicken pieces and spreads, are used in the MEC In-person interview to help the respondent estimate the portion size. In addition, the MEC dietary interviewers will schedule the PFU interview, dispense a set of measuring guides, and instruct the respondents on how to use the guides during the PFU interview.

**PFU interview.** The PFU interview collects Dietary Recall data and a subset of the Post-recall questions. The PFU interviewers are located at the Westat home office in the same area as the NHANES dietary coders. Each SP will receive a reminder call prior to the scheduled interview. The measuring guides used for PFU were given to the SP by the MEC interviewer at the end of the MEC In-person interview. The guides consist of a set of measuring cups, measuring spoons, a set of household spoons, a 12" ruler, and a 2-dimensional Food Model Booklet (FMB). The FMB is a spiral booklet that contains pictures of glasses, bowls, mugs, pats/spreads, mounds of food, circles, a grid, a wedge, thickness blocks, and pictures of shapes and chicken pieces. Each SP will receive \$30.00 for their participation in the PFU interview.

**2<sup>nd</sup> MEC exam dietary interview.** The 2<sup>nd</sup> MEC exam dietary interview will be conducted in the MEC and will be administered as a part of the MEC replicate exam. The interview duplicates the MEC In-person interview in that the interviewers will collect Dietary Recall data and a subset of the Post-recall questions.

Other data related to the Dietary Recall interview are collected in the household interview. These dietary behavior and food security status assessment data include questions on dietary practices, participation in food assistance programs, infant feeding practices, type of home water supply, history of anemia, height and weight history, lifestyle eating habits, vitamin/mineral supplement and antacid usage, household food sufficiency, and food security status. In addition to the dietary assessment, the NHANES

nutritional assessment components include anthropometric and body composition measurements, nutritional biochemistry and hematology tests, clinical examinations, and physical fitness and physical functioning assessments. These nutritional assessment components of the survey were designed by a team of researchers from NCHS and other government agencies. While the survey was being planned, government agencies were invited to submit research proposals for topics and interview questions that would meet their specific nutrition information needs. The dietary interview system and questionnaire specifications that NCHS provided to Westat reflect these information needs. NCHS and Westat staff will have primary responsibility for monitoring the quality of data that are obtained during the course of the survey.

## **2.2 The Role of the Dietary Interviewer**

The MEC dietary interviewer will be responsible for administering the dietary interview with all Sample Persons (SPs). The information will be collected and recorded in an automated Dietary Recall system. In collecting the data for NHANES, the dietary interviewer will be the liaison between the respondent and the dietary coding system.

The primary goal of the 24-hour recall is to collect a detailed list of all the foods and beverages the SP consumed within a 24-hour period, time and place of consumption, name of meal or snack, and details needed for accurate food coding. Food models will be used to aid respondents in estimating amount of intake. The dietary interviewer establishes a rapport with the respondent, obtains the most accurate, objective, and complete data, and enters these data into the automated system. Throughout the interview, it is important that the dietary interviewer maintain his/her professionalism, while creating an environment in which the SP feels comfortable to respond freely.

The 24-hour Dietary Recall interview is comprised of two parts, the 24-hour recall and a short set of Post-Dietary Recall questions. Information collected from the 24-hour recall interview will be coded and linked to a database of nutrient composition of foods. Calculations of total daily intakes of energy and 51 dietary components, including 19 individual fatty acids will be derived from these data. At the end of the Dietary Recall section, several questions are asked to collect information on respondent's usual intake, daily consumption of waters, salt uses on table and during food preparation, and the use of special diets. Following the Dietary Recall section, you will administer a set of Post-recall questions to a subsample of SPs. The frequency of fish and shellfish consumption will be asked of children under 11

years and females 16 to 49 years old. Individual food security status will be asked of SPs who meet screening criteria on income level and household food security status, and recent health will be asked about SPs 1-11 years old.

The dietary interviewer may conduct the interview in English or Spanish. Proxy interviews will be conducted for children less than 6 years old and other SPs who cannot report for themselves because of age or disability. Children who are 6-11 years old will be asked to provide their own data assisted by an adult household member. The preferred proxy is the person responsible for preparing the SP's meals.

Exhibit 2-1. Table of proxy and assisted interviews

Age of SP	Main Respondent
Under 6 Yrs	Proxy
6 Yrs to 11 Yrs	SP, with Proxy Assistant
12 Yrs +	SP*

\*Proxy is used if necessary

Each week, MEC dietary interviewers are asked to audiotape an interview and send it back to the home office for review (approximately 5% of each interviewer's work). This audiotaping procedure is implemented for quality control purposes only. The date and session of the taped interview are randomly selected and communicated to the interviewers via email. Prior to the audiotaping, a written informed consent will be obtained from the SP. An additional parental consent will be obtained if the SP is 17 years or younger. A verbal permission from the SP will be recorded in the audiotape once the taping begins. At the end of the taping, permission for keeping the audiotape will be obtained verbally from the SP. Survey staff will review the audiotapes to monitor the quality of the interview and provide written feedback to the interviewer. Detailed procedures of the audiotaping are described in Section 9.2 of this manual.

### 2.3 Other Duties of the Dietary Interviewer

The dietary interviewer has responsibilities in addition to administering the Dietary Recall interview. These responsibilities are listed below.

**Inventory measuring aids at the beginning and end of a stand.** You must take inventory of your measuring aids before beginning the stand and when you are packing up at the end of the stand.

**Unpack and pack supplies at the beginning and end of a stand.** All supplies should be packed into boxes at the end of a stand in preparation for moving the MEC. You are responsible for unpacking supplies prior to the start of a stand in a new area.

**Check supplies at the start of each exam session.** You must make sure that you have all the materials needed to conduct interviews for that day. You should plan to get to the MEC 20 minutes early to check your materials. If you notice that you are missing supplies, inform the MEC manager.

**Assist other exam staff members.** If you have time, you may be asked to help with packing and unpacking equipment for other components, as well as other tasks.

**Adhere to the travel schedule.** Westat will provide you with a travel schedule for each stand. You are expected to follow this schedule.

It is important to remember that each member of the MEC team is hired to perform certain tasks. The workload and hours will vary per component. Since your responsibilities are very different from other team members, it is best to fulfill your tasks without making comparisons to the workload of other team members with different responsibilities.

## **2.4 Observers and MEC Visitors**

NCHS and Westat staff will conduct the quality control monitoring and data review activities for the component. The home office will receive data transmittals on a continuous basis throughout the survey. Electronic mail systems will be set up to provide daily communication between the field staff, home office, and NCHS. Representatives from NCHS and Westat will visit survey locations to talk to the survey staff, observe examinations and interviews, and monitor the examination protocols and time requirements.

During the course of the survey there will also be scheduled visits by collaborators and contract staff who are involved with various components of the survey. Collaborators from other government agencies including the U.S. Department of Agriculture (USDA), the Environmental Protection Agency (EPA), the National Institutes of Health (NIH), and the Food and Drug Administration

(FDA) may schedule visits to the MEC (through Westat) and request meetings with the dietary interviewers. You will be notified in advance of any visits by outside groups. Generally speaking, collaborators are interested in learning how the survey “works.” For example, they may ask how survey participants respond to a Dietary Recall interview and if they are able to remember what they ate the day before. Some researchers are interested in a particular aspect of dietary methodology such as estimating food portion sizes while others are interested in how particular questions are being answered because they may want to use the same (or similar) instrument in another survey or plan to analyze the data. Interviewers should speak from their own experiences, offering what they have observed while collecting the information rather than offering opinions as to the importance or relevance of the information. If the visitors have specific questions you are not able to answer, they should be referred to NCHS.

Additionally, researchers and teaching staff from local health departments, universities, and community colleges may visit the MECs and arrange to meet with members of the examination team. The appointments with outside groups, that is, nonresearch collaborators, are usually scheduled when the MEC is not in session. Sometimes this is done on the “Dry Run” (practice) day or between examination sessions. In the interest of maintaining the confidentiality and privacy of survey participants, visits by non-government or Westat staff are scheduled during “off” hours.

MEC visitors often ask the dietary interviewers about their work. For instance, the exam teams travel frequently, move to unfamiliar communities, encounter many new faces every day, and so forth. Visitors are curious about your education and interviewer training, bilingual language skills, and why you chose to be a member of the team. You may be asked about other exam components. If you are knowledgeable about these components, it is acceptable to discuss them; otherwise, refer the individuals to the MEC manager or another member of the MEC team. Visitors may ask about the dietary interview system that you use to record the Dietary Recall information. You may be asked to describe the screens and the approach used to record information. A brief description of the interview format, data entry, the food probe screens, data entry fields, online food and brand lists, and data editing is useful. Copies of training manuals, a list of the measurement aids that are used, and other specific information about the component can be requested through NCHS. If someone requests a hard copy of a screen, it is best to provide them with a copy of some “sample screens” that were used in the dietary training manual. Never share papers with SP information! The survey has strict confidentiality rules.

### **3. EQUIPMENT, SUPPLIES, AND MATERIALS**

#### **3.1 Description of the MEC Interview Room and Equipment**

There are two dietary interviewer rooms in the MEC that are located next to each other. Each room has a built-in counter the length of the room. The counter is concave on either end such that it protrudes in the middle for extra space. In addition, there is a pull-out counter that further expands the protruded area in the middle.

The computer is positioned at an angle on the concave counter on the left end of the room and the 3D measuring guides are displayed on the counter in the other end. The interviewer sits in a chair in front of the computer, facing toward the SP. The SP sits at an angle on the other end, in front of the 3D guides. The interview rooms have sliding doors that are closed for privacy during the interview.

Each room has large plastic grids and baskets attached to the wall on the right side of the room, to store the 3D guides when not in use. Hanging files on the left wall and a 3-drawer cabinet provide storage for the interviewer.

A tape recorder is used on a weekly basis to tape record randomly selected interviews. When not in use, the recorder is stored in the cabinet.

#### **3.2 MEC Interview Supplies and Other Equipment**

The MEC dietary supplies include all the food models and accessories needed to conduct the interview.

##### **3.2.1 Measuring Guides**

Each MEC contains three sets of measuring guides, one for each room and a backup that will be stored in the belly of the MEC in the plastic storage box for Dietary Room 1. These guides will be

used to determine the volume and dimensions of the food items the SP reports. The dietary interviewer in Room 1 will be responsible for tracking and maintaining the backup guides.

- **Glasses** – glasses of various sizes, both glass and styrofoam labeled G1-G8.
- **Bowls** – 5 bowls of various sizes, labeled B1-B5
- **Mugs** – 3 mugs of various sizes, labeled MG1-MG3
- **Household spoons** – 2 household spoons, called “big spoon” and “little spoon.”
- **Measuring cups** – 4 cups, labeled  $\frac{1}{4}$ ,  $\frac{1}{3}$ ,  $\frac{1}{2}$ , and 1 cup
- **Measuring spoons** – 4 spoons, labeled  $\frac{1}{4}$  tsp,  $\frac{1}{2}$  tsp, 1 tsp, 1 tbsp
- **Ruler** – a 12-inch wooden ruler with fractions
- **Thickness bars** – 1 set of 12 thickness bars, each  $\frac{1}{8}$  inch thick
- **Bean bags** – 7 bean bags of various sizes, labeled M3-M9
- **Circles** – 10 circles from 1-10 inches, labeled C1-C10
- **Milk cartons** – 3 different shaped cartons that represent two different volumes, 8FO and 16FO
- **Juice cartons** – 4 different shaped cartons that represent three different volumes, 4.23FO, 6.75FO, and 8.45FO
- **Pats and spreads card** – 2 pictures of knives with two different sized pats and spreads representing 1 tsp and 2 tsps
- **Grid** – 1 5”x5” grid with  $\frac{1}{2}$ ” and 1” markings on a see-through page
- **Wedges** – 2 wedges, a 9” and a 5” wedge, on a see-through page
- **Shapes and chicken pieces card** – contains pictures of various shapes and chicken pieces

The measuring guides include both plastic and glass vessels. For safety precautions, place all the glass vessels toward the back of the counter to prevent small children from touching them. Ensure that all glassware is accessible to SPs, including child respondents, to estimate portion sizes. However, be attentive in how the SPs handle the glass. If a glass vessel breaks, follow the MEC laboratory procedures for broken glass:

- Only use mechanical means, such as forceps or a brush and dust pan, to pick up broken glass.
- Never pick up broken glass with hands.
- Dispose of broken glass in sharps containers that are closable, puncture-resistant, appropriately labeled or color-coded, and leakproof on the sides and bottom.
- Disinfect dust pan and broom with bleach solution. (All cleaning equipment is available in the laboratory.)

Replace the broken glassware from the vessels in the backup set. Then, notify the home office immediately for backup replacements.

### **3.2.2 Tape Recorder**

Your dietary room will be equipped with a tape recorder, Sony Model TLM-453V, 1 Rayovac Battery Recharger, and 4 AA batteries. The tape recorder uses a 90-minute standard cassette. You will track your inventory of cassettes on the inventory list. Push down on the record button to operate the tape recorder. The tape is voice activated so will not begin until you and the SP begin talking.

### **3.3 MEC Interviewer Materials**

There are a number of materials that you will need to conduct the interview. These include handcards, reminder cards, measuring guide packages, and audiotape consent forms. Some additional materials will also be available in the dietary rooms. Interviewer supplies include the following items.

#### **3.3.1 Handcards**

You will use the following handcards.

- Fish/shellfish card – This card contains a list of 20 different fish and 9 different shellfish. Hand the respondent the card when you ask the questions in the Post-recall section of the interview.

- Calendar – This is a 3-month calendar that you will use when administering the Post-recall questions about a child SP’s recent health. The calendar is updated every 3 months by home office staff.
- Help!! – This handcard includes the following tips: function keys, default times, 40+ food procedures, and exceeding category accessions procedures.
- List of acceptable abbreviations – This handcard includes a list of abbreviations you can use to access the MFL and to make comments in OS and the remarks box.
- Codes for Source Responses - This handcard includes a list of sources included in the various codes.
- Yellow-Page - This handcard includes a list of Eating Occasions and Frequently Forgotten Foods.
- Yesterday’s Food Intake - This handcard illustrates the period of time from midnight to midnight the previous day.

### **3.3.2 Reminder Cards**

You will fill out a reminder card each time you make a PFU appointment with an SP. The 5 ½ x 8 reminder cards are printed on bright pink stock card. You will write in the day and time scheduled and the appointment dates and times for any other HH members.

### **3.3.3 Measuring Guide Package**

The measuring guide package consists of a FMB, a set of measuring cups, measuring spoons, two household spoons (1 tablespoon, 1 teaspoon), and a 12-inch ruler. The package will be assembled at the home office and shipped out in plastic sacks. You will distribute the package when you make the PFU appointment. Only one package will be distributed per household, preferably to the female head of household. You will store the packages under the counter in a plastic container.

### **3.3.4 Audiotape Consent Forms**

You will have the SP, and/or proxy, sign a consent form before taping an interview. All consent forms will be stored in the 3-drawer cabinet.

### **3.4 Equipment Setup and Teardown Procedures**

#### **3.4.1 MEC Interview Room Setup Procedures**

At the beginning of each stand, on setup day, you will unpack all the food models from their plastic storage containers and wipe them clean. Arrange the models on the racks in the appropriate places. Remove the ring that holds the pull-out counter and store in one of the small storage boxes. Make sure the keyboard is ergonomically arranged and that the chair is the correct height for your comfort.

#### **3.4.2 MEC Interview Room Teardown Procedures**

At the end of each stand, place the food models and accessories in the plastic storage box. Check the condition of all the measuring guides before wrapping them in bubble wrap and storing in the plastic container. Wrap all glass models. In addition, check the backup set to ensure all guides are in good condition. Notify the home office immediately if any replacements are needed.

## **4. GENERAL INTERVIEWING TECHNIQUES**

### **4.1 Before Beginning the Interview**

Before beginning the interview, take some time to make sure you are thoroughly prepared. Thoroughly review your manual and other materials provided to you during training until you fully understand all aspects of your job. Practice doing the interview until you are comfortable using the automated system and probing. This practice will help in building your confidence so that you can deal with any situations you may encounter when you begin interviewing. Your ability to work comfortably will help keep your respondents interested in the interview and will help keep your interviews go smoothly. Respondents will quickly lose interest if you are constantly stopping, losing track of your place, and stumbling over questions or probes.

Check to make sure that you have sufficient quantities of all necessary materials, and that your materials are organized in an orderly way. Materials that are to be handed to respondents should be easily accessible to avoid any awkward fumbling or searching.

The first thing a respondent will notice about you is your appearance. In general, you should aim at an appearance that is neat, suitable, and inconspicuous. Avoid extremes of any kind. Keep in mind that it is better to be a little underdressed than overdressed, and that, regardless of what clothes you wear, cleanliness and neatness are always very important.

### **4.2 Activities and Resources Helpful to Your Interview**

#### **4.2.1 Getting Oriented to a New Community**

Every community is different. The dietary interviewers make more adjustments to a new community than other exam team members because the information they collect reflects the customs of a community and its inhabitants. Regional food customs, variations in food preparation methods, terminology, and even foods may be unfamiliar at first. In time, you will learn that a “whoopie pie” reported in the Pennsylvania Dutch community is a cream-filled dessert cake and that “SOS” is another term for chipped beef on toast. Local newspapers and interviewer training materials will help you to learn

about foods that are likely to be reported during the survey. Still, there is nothing like “being there” in terms of observing, tasting, and reporting what is really happening!

A few suggestions to help start you out on this adventure. Large cities are often comprised of numerous ethnic neighborhoods—a Chinese neighborhood, a “Little Italy” section, or a neighborhood where a mixture of Caribbean cultures mingle together. Once you are settled in, take time to walk around the community, talk to shop owners and restaurant employees, and observe the names of grocery stores, markets, and restaurants that are situated in town. Take a few notes, read local papers, and pick up menus.

All of us are familiar with the major fast food chains such as “McDonald’s” and “Hardees.” In a small town, you may find out that a take-out restaurant called “Zack’s” or “Big B” is where most of the take-out food comes from. Telephone yellow page directories are useful to obtain the names and addresses of stores and restaurants in a particular area. Newspapers frequently list upcoming festivals and events that involve regional foods. Finally, the survey field office and household interviewer staff are often familiar with the area and can provide suggestions for other places to visit.

#### **4.2.2 Helpful Contacts**

The survey’s Advance Arrangements Team has already laid the groundwork for the MEC team prior to their arrival at the survey location. Key representatives of the local government agencies, health departments, and clinics will be informed about the survey ahead of time. A list of contact people from the community is developed by the Team and is available for your use. The dietary interviewers are encouraged to take the initiative to call local nutritionists. Expect the response to be somewhat mixed. In smaller communities, the key nutrition contact person might be assigned to spend all or most of their time administering a specific program—WIC, elder meal program projects, home economist demonstration projects, and so forth, so their perspective on the “total community” might be limited. Often, community nutritionists cover several offices and/or large geographic areas so they have less time to talk. Suggestions: Try to set up a convenient time to talk and have your questions ready. Ideally, you will have an opportunity to meet at least one community nutritionist per stand. It is helpful to coordinate the community contact activities with your dietary team partner to avoid duplication of effort.

Suggested contacts also include:

- **Local newspapers** - Some have a food editor or guest writer who writes about regional food customs and foods.
- **Community colleges and universities** – A telephone directory may list academic departments; foods and nutrition, home economics, food service management, and dietetics departments have potential.
- **Community programs** – These may be food banks and congregate feeding sites for the general community and older populations. Check the local government pages of the telephone book for a contact name and number.
- **Public schools** – Schools usually have a central office that is responsible for school meal programs in a county. It may be necessary to contact a particular school directly, however, because cafeteria managers may have discretion to vary what is planned for the monthly menu cycles.
- **Local restaurants, grocery stores, delicatessens, bakeries, markets, and carryouts** – People are usually friendly and eager to help. If they seem suspicious or hesitant, simply tell them that you are working on a health study that is collecting information about the foods that people in their community and other parts of the United States eat. Always thank them for their time and help. You may want to have a few NHANES brochures on hand to help explain what the survey is all about.
- **Library** – Public libraries usually have a food and cooking section. A local branch may have cookbooks that have regional appeal.

#### 4.2.3 **Beginning the Interview**

When you first make contact with a respondent, your initial task will be to establish a friendly but professional relationship. Your own confident and professional manner will reassure the respondent and set a tone that will enable you to complete the interview in an efficient manner. Experience with past surveys has indicated that there are three main factors that increase the likelihood that a respondent will consent to be interviewed. They include: establishing rapport, convincing the SP of the importance of the survey, and convincingly responding to the SPs questions and objections.

**Establishing Rapport.** “Rapport” is the term used to describe the personal relationship between you and the respondent. Rapport provides the foundation for good interviewing. Your appearance, your introductory remarks, and the way you answer any questions the respondent may ask will strongly influence the rapport that develops between both of you. What you say and how you say it

should set the tone for the friendly, cooperative, but businesslike relationship that will continue to develop throughout the interview.

You must make a concerted effort to engage the SP during the interview. It could be very easy to become so absorbed in the computer screen that you forget you are dealing with a person.

**Convincing the Respondent that the Survey is Important and Worthwhile.** You must try to interest the respondent in the survey, and the dietary interview component in particular. Respondents are often hungry, tired, and impatient during the exam. Encourage the respondent to see the interview as an opportunity to express his/her views and to have those views taken seriously. From the start, give the respondent certain basic information about the interview: what to expect during the interview and what the purpose of the interview is. If asked, you may also explain how the information will be used, and the length of the interview.

**Responding to the Respondent's Questions and Objections.** Even respondents who are convinced of the importance of the study may, for a variety of reasons, be reluctant to grant a certain part of the interview. Your friendly manner, your introductory statements, and your success and confidence in answering the respondents' questions will help you sell both yourself and the survey to the respondents. Your effectiveness will be increased by your knowledge that your job is legitimate and important, and by your thorough understanding of what you are doing and how to do it.

Your own state of mind -- your conviction that the interview is important -- will strongly influence the respondent's cooperation. Your belief that the information you obtain will be significant and useful will help motivate the respondent to answer fully and accurately. Most people want to be heard and are happy that you have asked their opinions. Those who are reluctant to give specific information will often do so willingly, if they are convinced that good use will be made of it and that their privacy will be protected.

### **4.3 Administering the Interview**

Your task is to collect accurate information. You must have a thorough understanding of the general principles for administering the interview and comprehend fully its confidential nature. The

material in the following sections of this manual will acquaint you with the general principles and procedures to follow when collecting survey data.

#### **4.3.1 Asking the Questions**

Collecting accurate and reliable data requires that every respondent hears exactly the same questions read in exactly the same way. Even small changes in the way you ask a question can affect the way a respondent answers and, in the long run, affect the results when researchers combine the answers given by large numbers of respondents. The basic rules for asking survey questions, discussed below, are all designed to ensure uniformity in the way questions are asked of respondents.

**Always remain neutral.** During the entire interview you must always maintain a completely neutral attitude. As an interviewer, you must never allow anything in your words or manner to express criticism, surprise, approval, or disapproval of the questions you ask or of the answers respondents give.

An important part of your role as an interviewer is to get the respondent actively involved in the interview, to encourage him/her to talk comfortably and freely in response to your questions. While encouraging the respondents to talk freely, however, you must carefully avoid saying or doing anything to influence the content of the respondent's answers. No matter what topics you ask about, no matter how strongly you agree or disagree with the respondent's answers, and no matter how interesting, unusual or discouraging you might find those answers to be, you must always maintain the same neutral and professional stance during the interview. You are there to ask for and record the respondent's answers, not to influence or advise in any way.

At times, particularly if your respondent is talking freely, you may feel that he/she has already answered a question before you get to it. Do not skip over the question, but confirm the response that you heard.

To be a good interviewer, you must be comfortable with the questions you ask. If you feel uncomfortable with certain questions such as the food security questions, it is likely that you will transmit something of that feeling to the respondent and influence the answers you receive. If you are uneasy with some questions, you should practice them repeatedly until you can ask them in a simple, straightforward, matter-of-fact way. Occasionally you will find a respondent who refuses to answer some questions, but

usually you will find that as long as you can deal with all of your questions in the same relaxed and professional manner, your respondents will answer without hesitation.

**Ask all questions as worded.** You must read each question completely and exactly as it is worded to ensure the SP understands the meaning of a question. For the answers obtained by different interviewers to be combined, there must be no doubt that each respondent heard exactly the same question before responding. However, there may be situations when you will just confirm a response rather than ask the question. For example, when an SP reports the time of the occasion during the QL pass, you can confirm that time during the Time and Occasion pass. If you need to repeat a question because the respondent did not hear you the first time or did not understand the question, reread the entire question.

**Even though you feel that the question could be worded much more simply, do not improvise. Every word is there for a purpose.** Emphasize only those words that are underlined or in bold type. Pause at commas or, when answer categories are included in the question, after each answer category. Read everything in a natural, even-toned manner.

**Provide explanation.** At times respondents may ask you to define words or to explain some part of a question. We have provided many definitions and explanations in the Question-by-Question Specifications. However, there may be situations when SPs request clarification about foods or probes that you will need to answer. Use your good judgment in these situations. Do not provide information that will bias the SP's response, but do provide clarification that will help SPs respond more accurately.

**Every effort should be made so that the respondent does not see the questions.** Respondents can be influenced by knowing what questions are coming next or by seeing answer categories that are not read to them as part of a question. When it is appropriate for respondents to see the answer categories for a question, you will have a card showing those categories.

**When to read responses.** Do not read responses to the SP unless they are included in the question OR you feel the SP cannot read the responses provided on a handcard. Instructions that are not read to the respondents are occasionally included with the question; these are usually printed in all capital letters and purple text.

In some questions, the answer categories are read to the respondent. For these questions, the answer categories are actually part of the question, as in the following example.

Was the amount of food that (you/NAME) ate yesterday much more than usual, usual, or much less than usual?

In other questions, the answer categories are not read to the respondent. For these questions, the answer categories will not be part of the question and will only appear in the response field, as in the following example.

Now let's talk about plain drinking water. Did (you/NAME) drink any tap water yesterday, including filtered tap water and water from a drinking fountain?

**Discourage unrelated conversation.** Occasionally a question may lead a respondent to begin reminiscing or to relate a lengthy story having little or no relevance to the survey. As an interviewer, your task is to discourage such irrelevant conversation and keep the discussion focused on the interview. In some ways, this requires that you subtly teach the respondent how to be a good respondent. Maintain a businesslike attitude, acknowledge answers with neutral comments such as “I see,” “OK,” or a simple nod of your head, and tactfully interrupt rambling and irrelevant answers to bring the conversation back to the question you have asked. The respondent will soon learn how to provide the kinds of answers you need. If you must interrupt a respondent, do it politely, taking care not to antagonize him/her. You might say something like:

- “That sounds very interesting, but what I need to ask is...”
- “I see what you mean, but let me repeat that last question...”

#### **4.3.2 Maintaining Rapport**

You began your rapport-building process with your introduction and it must be continued throughout the interview. Through accepting and understanding behavior and your interest in the respondent, you can create a friendly atmosphere in which the respondent can talk freely and fully.

Occasionally rapport may be broken during the interview for some reason; for example, the respondent may feel that a particular question is “too personal,” for example, the food security questions. If this happens, take time to reassure the respondent that he/she may speak freely without fear. Restating the confidential nature of the interview and the impersonal nature of the survey may help to comfort the respondent. If a respondent refuses to answer a question after you have reassured him or her of

confidentiality, do not press the respondent--enter a refusal response. The procedure will be explained later in the manual.

### **4.3.3 Difficult Situations**

Occasionally you will interview a hostile respondent who either tries to refuse the interview or who is very negative throughout the interview. The most effective way to avoid a refusal or to develop rapport with a hostile respondent is to be thoroughly informed about the study so that you can intelligently respond to questions while communicating the value of the study. A pleasant, professional tone of voice with an evenly-paced response will project your confidence and will begin to establish a rapport with the respondent.

If the respondent agrees to be interviewed but maintains a hostile demeanor that impacts on the data you collect, you will acknowledge that when you complete the observation questions. This is discussed in a later chapter.

### **4.3.4 Incomplete Information**

Respondents may not always be able to provide complete information about the food consumed. This is very common with proxy interviews. If the SP and the proxy respondent cannot provide complete information about a meal or food, and the SP is <12 years old, or an adult who requires a proxy, you must attempt data retrieval. This procedure is described in detail in Chapter 8.

If the respondent cannot provide complete information because he/she can't remember, follow the procedures for documenting unknown foods (Chapter 8).

## **4.4 Probing**

The quality of the interview depends a great deal on your ability to probe meaningfully and successfully. During training, we will discuss and demonstrate appropriate probing techniques for each specific part of the dietary interview. The following section is a brief introduction to probing.

#### **4.4.1 What is Probing and Why is it Necessary**

Probing is the technique you will use to stimulate discussion and obtain more complete information. We probe when a respondent's answer is not meaningful or is incomplete, i.e., when it does not adequately answer the question. There are a number of reasons respondents sometimes do not answer the question to our satisfaction.

In every day social conversation, people normally speak in vague and loose terms. It is understandable that respondents will at first answer our questions in a way that is not clear or specific. It is important to encourage the respondent to express himself/herself more concretely, in very specific terms.

Sometimes respondents will think that they are answering a question when all they are doing is simply repeating an answer that was already given, or simply repeating parts of the question. A respondent can talk a great deal and still be just repeating the question in different words.

Respondents will sometimes miss the point of the question. Many times they will give responses that seem to answer the question, but when you look further, are not to the point of the question and are therefore irrelevant. It is easy to be "taken in" by a respondent who is talkative and gives a lengthy and detailed response that is actually quite beside the point; it is not the answer to the question asked. In most cases, a respondent gives an irrelevant response because he/she has missed an important word or phrase in the question.

Probing, therefore, has two major functions. First, probing motivates respondents to enlarge, clarify, or explain the reasons for their answers. Secondly, probing focuses the respondent's answer so that irrelevant and unnecessary information can be eliminated. All this must be done, however, without introducing bias or antagonizing the respondent.

Some examples of answers that, for different reasons, fail to answer the questions properly are given next. Because of the answers given, each requires probing.

Examples of answers that require probing:

**Question:** Now let's talk about plain drinking water. Did (you/NAME) drink any tap water yesterday, including filtered tap water and water from a drinking fountain?

**Answer:** My doctor says I should drink more water.

**Question:** Was the amount of food that (you/NAME) ate yesterday much more than usual, usual, or much less than usual?

**Answer:** Well I usually don't have pancakes at breakfast.

#### **4.4.2 Probing Inappropriate Responses**

Sometimes a respondent will answer using words different from those in the answer categories you read. When this happens, do not make assumptions about what the respondent intends. If the respondent's answer does not clearly fit one of the provided answer categories, you must probe for a response you can code. Sometimes the best probe is repeating the original question. At other times, the best approach might be to ask, "Well, what would you like me to record?" and repeat all the answer categories.

At times a respondent will feel that none of the responses are suitable, or that under certain conditions they would choose one answer and under different conditions another. In this situation, you should try to get the respondent to generalize by repeating the question and saying, "Just generally speaking, is it this way or that?", "Most of the time", or "In most cases", etc. If the respondent insists that he/she can't choose, be sure to enter exactly what is said, and let the home office decide how it should be coded.

**Question:** How much tap water did (you/NAME) drink yesterday?

**Answer:** Well, not very much.

**Probe:** I see. But looking at the glasses, can you tell me about how much tap water (you/NAME) drank yesterday?

**Answer:** Well, I really can't.

#### 4.4.3 Probing Methods Should be Neutral

It is very important to always use neutral probes. By this we mean you should not imply to the respondent that you expect a specific answer or that you are dissatisfied with an answer.

Remember, the reason for probing is to motivate the respondent to answer more fully or to focus the answer, without introducing bias. The potential for bias is great in the use of probes. Under the pressure of the interviewing situation, the interviewer may quite unintentionally imply that some answers are more acceptable than others or may hint that a respondent might want to consider this or include that in giving responses. You must be careful not to do this.

The following example consists of a response from the SP, and two possible probes. The first of these probes is neutral; the other is not.

Example:

**SP:** I had a cup of coffee at 9:00 a.m.

**Neutral Probe:** Did you add anything to your coffee?

**Non-neutral Probe:** So you probably added cream and sugar?

The non-neutral probe suggests a specific answer to the respondent and thus leads the respondent toward that answer, rather than leaving the range of possible responses completely open for the respondent to specify.

#### 4.4.4 Kinds of Probes

There are several different neutral probes which appear as part of a normal conversation that can be used to stimulate a fuller, clearer response.

**An expression of interest and understanding.** By saying such things as “uh-huh” or “I see” or “yes,” the interviewer indicates that the response has been heard, that it is interesting and that more is expected.

**An expectant pause.** The simplest way to convey to a respondent that you know he/she has begun to answer the question, but has more to say, is to be silent. The pause, often accompanied by an expectant look or a nod of the head, allows the respondent time to gather his or her thoughts. Eye contact is important here.

**Repeating the question.** When the respondent does not seem to understand the question, or misinterprets it, seems unable to decide, or strays from the subject, it is often useful to repeat the question. Many respondents, when hearing the question for the second time, realize what kind of answer is needed.

**Repeating the respondent's reply.** Simply repeating what the respondent has said is often an excellent probe. Hearing the response just given often stimulates the respondent to further thought.

**Asking a neutral question or comment.** Neutral questions or comments are often used to obtain clearer and fuller responses. The following are some suggestions for probing questions that may help explore many types of insufficient answers.

**PROBES TO CLARIFY:**

- “What do you mean exactly?”
- “What do you mean by...?”
- “Could you please explain that a little? I don't think I quite understand.”

**PROBES FOR SPECIFICITY:**

- “Could you be more specific about that?”
- “Tell me more about that.”

**PROBES FOR RELEVANCE:**

- “I see. Well, let me ask you again... (REPEAT EXACT QUESTION).”

**PROBES FOR COMPLETENESS:**

- “What else?”
- “What else can you think of?”

#### 4.4.5 The Don't Know (DK) Response

The "I don't know" answer can mean a number of things. For instance,

- The respondent doesn't understand the question and says DK to avoid saying he/she doesn't understand;
- The respondent is thinking the question over, and says DK to fill the silence and give himself/herself time to think;
- The respondent may be trying to evade the issue because he/she is afraid of giving a wrong answer, or because the question seems too personal; or
- The respondent may really not know or really may have no opinion on the question.
- Try to decide which of the above may be the case. Don't be in too big a rush to settle for a "don't know" reply. If you sit quietly -- but expectantly -- your respondent will usually think of something. Silence and waiting are frequently your best probes for a "don't know" reply.
- Always try at least once to obtain a reply to a "don't know" response, before accepting it as the final answer. But be careful not to antagonize respondents or force an answer. If they say again that they "don't know," proceed to the next appropriate question after coding the DK reply.

#### 4.4.6 Additional Guidelines for Probing

The following rules and examples provide further guidance to help you select probes that will not bias respondent's answers.

**Probe for Clarity and Specificity.** Don't ask "Do you mean \_\_\_\_ or \_\_\_\_\_?" Such a probe suggests only one or two possible answers, when the respondent may actually be thinking about other possibilities. Do use probes for clarity and specificity when a respondent's answers are unclear.

Example:

**Question:** Did you add anything to your cereal?

**Answer:** Yes, sweetener.

**Neutral Probe:** What kind was it?

**Non-neutral Probe:** Do you mean Equal or Sweet 'n Low?

**Probe for Completeness.** Don't try to sum up in your own words what someone has said, because this may suggest to the respondent that YOUR idea of his/her response is the "right answer." Do use probes for completeness to make certain that you've obtained full answers.

**Example:**

**Question:** How much of the brownie did you actually eat?

**Answer:** I had two.

**Neutral Probe:** What was the shape of the brownie?

**Non-neutral Probe:** Were these square brownies?

#### **4.4.7 When to Stop Probing**

You should stop probing when you have obtained all the necessary information about the respondent's diet. When you have received sufficient clarification from the respondent so that you (and home office staff) know exactly what he/she had in mind -- only then will you have a complete answer, and only then should you stop probing. However, if at any time the respondent becomes irritated or annoyed, discontinue probing. We do not want the respondent to refuse the rest of the interview.

#### **4.5 General Rules for Recording Answers**

So far, we have talked about how to ask the questions and how to obtain clear and complete answers. Both of these are very important jobs. However, it is also critical that the SP's answers are accurately recorded. Specific rules for recording using the automated system will be discussed throughout training. The following general rules always apply. Recording or entering answers using the automated system is quite simple.

**Verbatim recording.** When a respondent elaborates on a response, use the respondent's own language word for word. Don't correct or summarize what you think the respondent means; let

him/her speak for himself/herself. We are as interested in the kinds of words a respondent uses as in the meaning of an answer. If you are conducting the interview in Spanish, enter the responses verbatim in that language.

**Be sure to include the pronouns (he, she, I, they).** Without pronouns the meaning of the answer is frequently not as clear as you think.

#### **4.6 Ending the Interview**

All people who give their time for an interview are entitled to courteous and tactful treatment. Try to leave respondents with the impression that they have taken part in an interesting and worthwhile experience -- one they would be willing to repeat.

After all questions have been asked, indicate your appreciation to respondents by thanking them; also mention that their contribution has been most helpful in providing important information to the study. Remember that the respondent is familiar with your task from the discussion at the beginning of the interview, so don't spend too much time going over the same information. Spend a few minutes answering any additional questions your respondent may have; then close the interview.

## **4. GENERAL INTERVIEWING TECHNIQUES**

### **4.1 Before Beginning the Interview**

Before beginning the interview, take some time to make sure you are thoroughly prepared. Thoroughly review your manual and other materials provided to you during training until you fully understand all aspects of your job. Practice doing the interview until you are comfortable using the automated system and probing. This practice will help in building your confidence so that you can deal with any situations you may encounter when you begin interviewing. Your ability to work comfortably will help keep your respondents interested in the interview and will help keep your interviews go smoothly. Respondents will quickly lose interest if you are constantly stopping, losing track of your place, and stumbling over questions or probes.

Check to make sure that you have sufficient quantities of all necessary materials, and that your materials are organized in an orderly way. Materials that are to be handed to respondents should be easily accessible to avoid any awkward fumbling or searching.

The first thing a respondent will notice about you is your appearance. In general, you should aim at an appearance that is neat, suitable, and inconspicuous. Avoid extremes of any kind. Keep in mind that it is better to be a little underdressed than overdressed, and that, regardless of what clothes you wear, cleanliness and neatness are always very important.

### **4.2 Activities and Resources Helpful to Your Interview**

#### **4.2.1 Getting Oriented to a New Community**

Every community is different. The dietary interviewers make more adjustments to a new community than other exam team members because the information they collect reflects the customs of a community and its inhabitants. Regional food customs, variations in food preparation methods, terminology, and even foods may be unfamiliar at first. In time, you will learn that a “whoopie pie” reported in the Pennsylvania Dutch community is a cream-filled dessert cake and that “SOS” is another term for chipped beef on toast. Local newspapers and interviewer training materials will help you to learn

about foods that are likely to be reported during the survey. Still, there is nothing like “being there” in terms of observing, tasting, and reporting what is really happening!

A few suggestions to help start you out on this adventure. Large cities are often comprised of numerous ethnic neighborhoods—a Chinese neighborhood, a “Little Italy” section, or a neighborhood where a mixture of Caribbean cultures mingle together. Once you are settled in, take time to walk around the community, talk to shop owners and restaurant employees, and observe the names of grocery stores, markets, and restaurants that are situated in town. Take a few notes, read local papers, and pick up menus.

All of us are familiar with the major fast food chains such as “McDonald’s” and “Hardees.” In a small town, you may find out that a take-out restaurant called “Zack’s” or “Big B” is where most of the take-out food comes from. Telephone yellow page directories are useful to obtain the names and addresses of stores and restaurants in a particular area. Newspapers frequently list upcoming festivals and events that involve regional foods. Finally, the survey field office and household interviewer staff are often familiar with the area and can provide suggestions for other places to visit.

#### **4.2.2 Helpful Contacts**

The survey’s Advance Arrangements Team has already laid the groundwork for the MEC team prior to their arrival at the survey location. Key representatives of the local government agencies, health departments, and clinics will be informed about the survey ahead of time. A list of contact people from the community is developed by the Team and is available for your use. The dietary interviewers are encouraged to take the initiative to call local nutritionists. Expect the response to be somewhat mixed. In smaller communities, the key nutrition contact person might be assigned to spend all or most of their time administering a specific program—WIC, elder meal program projects, home economist demonstration projects, and so forth, so their perspective on the “total community” might be limited. Often, community nutritionists cover several offices and/or large geographic areas so they have less time to talk. Suggestions: Try to set up a convenient time to talk and have your questions ready. Ideally, you will have an opportunity to meet at least one community nutritionist per stand. It is helpful to coordinate the community contact activities with your dietary team partner to avoid duplication of effort.

Suggested contacts also include:

- **Local newspapers** - Some have a food editor or guest writer who writes about regional food customs and foods.
- **Community colleges and universities** – A telephone directory may list academic departments; foods and nutrition, home economics, food service management, and dietetics departments have potential.
- **Community programs** – These may be food banks and congregate feeding sites for the general community and older populations. Check the local government pages of the telephone book for a contact name and number.
- **Public schools** – Schools usually have a central office that is responsible for school meal programs in a county. It may be necessary to contact a particular school directly, however, because cafeteria managers may have discretion to vary what is planned for the monthly menu cycles.
- **Local restaurants, grocery stores, delicatessens, bakeries, markets, and carryouts** – People are usually friendly and eager to help. If they seem suspicious or hesitant, simply tell them that you are working on a health study that is collecting information about the foods that people in their community and other parts of the United States eat. Always thank them for their time and help. You may want to have a few NHANES brochures on hand to help explain what the survey is all about.
- **Library** – Public libraries usually have a food and cooking section. A local branch may have cookbooks that have regional appeal.

#### 4.2.3 **Beginning the Interview**

When you first make contact with a respondent, your initial task will be to establish a friendly but professional relationship. Your own confident and professional manner will reassure the respondent and set a tone that will enable you to complete the interview in an efficient manner. Experience with past surveys has indicated that there are three main factors that increase the likelihood that a respondent will consent to be interviewed. They include: establishing rapport, convincing the SP of the importance of the survey, and convincingly responding to the SPs questions and objections.

**Establishing Rapport.** “Rapport” is the term used to describe the personal relationship between you and the respondent. Rapport provides the foundation for good interviewing. Your appearance, your introductory remarks, and the way you answer any questions the respondent may ask will strongly influence the rapport that develops between both of you. What you say and how you say it

should set the tone for the friendly, cooperative, but businesslike relationship that will continue to develop throughout the interview.

You must make a concerted effort to engage the SP during the interview. It could be very easy to become so absorbed in the computer screen that you forget you are dealing with a person.

**Convincing the Respondent that the Survey is Important and Worthwhile.** You must try to interest the respondent in the survey, and the dietary interview component in particular. Respondents are often hungry, tired, and impatient during the exam. Encourage the respondent to see the interview as an opportunity to express his/her views and to have those views taken seriously. From the start, give the respondent certain basic information about the interview: what to expect during the interview and what the purpose of the interview is. If asked, you may also explain how the information will be used, and the length of the interview.

**Responding to the Respondent's Questions and Objections.** Even respondents who are convinced of the importance of the study may, for a variety of reasons, be reluctant to grant a certain part of the interview. Your friendly manner, your introductory statements, and your success and confidence in answering the respondents' questions will help you sell both yourself and the survey to the respondents. Your effectiveness will be increased by your knowledge that your job is legitimate and important, and by your thorough understanding of what you are doing and how to do it.

Your own state of mind -- your conviction that the interview is important -- will strongly influence the respondent's cooperation. Your belief that the information you obtain will be significant and useful will help motivate the respondent to answer fully and accurately. Most people want to be heard and are happy that you have asked their opinions. Those who are reluctant to give specific information will often do so willingly, if they are convinced that good use will be made of it and that their privacy will be protected.

### **4.3 Administering the Interview**

Your task is to collect accurate information. You must have a thorough understanding of the general principles for administering the interview and comprehend fully its confidential nature. The

material in the following sections of this manual will acquaint you with the general principles and procedures to follow when collecting survey data.

#### **4.3.1 Asking the Questions**

Collecting accurate and reliable data requires that every respondent hears exactly the same questions read in exactly the same way. Even small changes in the way you ask a question can affect the way a respondent answers and, in the long run, affect the results when researchers combine the answers given by large numbers of respondents. The basic rules for asking survey questions, discussed below, are all designed to ensure uniformity in the way questions are asked of respondents.

**Always remain neutral.** During the entire interview you must always maintain a completely neutral attitude. As an interviewer, you must never allow anything in your words or manner to express criticism, surprise, approval, or disapproval of the questions you ask or of the answers respondents give.

An important part of your role as an interviewer is to get the respondent actively involved in the interview, to encourage him/her to talk comfortably and freely in response to your questions. While encouraging the respondents to talk freely, however, you must carefully avoid saying or doing anything to influence the content of the respondent's answers. No matter what topics you ask about, no matter how strongly you agree or disagree with the respondent's answers, and no matter how interesting, unusual or discouraging you might find those answers to be, you must always maintain the same neutral and professional stance during the interview. You are there to ask for and record the respondent's answers, not to influence or advise in any way.

At times, particularly if your respondent is talking freely, you may feel that he/she has already answered a question before you get to it. Do not skip over the question, but confirm the response that you heard.

To be a good interviewer, you must be comfortable with the questions you ask. If you feel uncomfortable with certain questions such as the food security questions, it is likely that you will transmit something of that feeling to the respondent and influence the answers you receive. If you are uneasy with some questions, you should practice them repeatedly until you can ask them in a simple, straightforward, matter-of-fact way. Occasionally you will find a respondent who refuses to answer some questions, but

usually you will find that as long as you can deal with all of your questions in the same relaxed and professional manner, your respondents will answer without hesitation.

**Ask all questions as worded.** You must read each question completely and exactly as it is worded to ensure the SP understands the meaning of a question. For the answers obtained by different interviewers to be combined, there must be no doubt that each respondent heard exactly the same question before responding. However, there may be situations when you will just confirm a response rather than ask the question. For example, when an SP reports the time of the occasion during the QL pass, you can confirm that time during the Time and Occasion pass. If you need to repeat a question because the respondent did not hear you the first time or did not understand the question, reread the entire question.

**Even though you feel that the question could be worded much more simply, do not improvise. Every word is there for a purpose.** Emphasize only those words that are underlined or in bold type. Pause at commas or, when answer categories are included in the question, after each answer category. Read everything in a natural, even-toned manner.

**Provide explanation.** At times respondents may ask you to define words or to explain some part of a question. We have provided many definitions and explanations in the Question-by-Question Specifications. However, there may be situations when SPs request clarification about foods or probes that you will need to answer. Use your good judgment in these situations. Do not provide information that will bias the SP's response, but do provide clarification that will help SPs respond more accurately.

**Every effort should be made so that the respondent does not see the questions.** Respondents can be influenced by knowing what questions are coming next or by seeing answer categories that are not read to them as part of a question. When it is appropriate for respondents to see the answer categories for a question, you will have a card showing those categories.

**When to read responses.** Do not read responses to the SP unless they are included in the question OR you feel the SP cannot read the responses provided on a handcard. Instructions that are not read to the respondents are occasionally included with the question; these are usually printed in all capital letters and purple text.

In some questions, the answer categories are read to the respondent. For these questions, the answer categories are actually part of the question, as in the following example.

Was the amount of food that (you/NAME) ate yesterday much more than usual, usual, or much less than usual?

In other questions, the answer categories are not read to the respondent. For these questions, the answer categories will not be part of the question and will only appear in the response field, as in the following example.

Now let's talk about plain drinking water. Did (you/NAME) drink any tap water yesterday, including filtered tap water and water from a drinking fountain?

**Discourage unrelated conversation.** Occasionally a question may lead a respondent to begin reminiscing or to relate a lengthy story having little or no relevance to the survey. As an interviewer, your task is to discourage such irrelevant conversation and keep the discussion focused on the interview. In some ways, this requires that you subtly teach the respondent how to be a good respondent. Maintain a businesslike attitude, acknowledge answers with neutral comments such as “I see,” “OK,” or a simple nod of your head, and tactfully interrupt rambling and irrelevant answers to bring the conversation back to the question you have asked. The respondent will soon learn how to provide the kinds of answers you need. If you must interrupt a respondent, do it politely, taking care not to antagonize him/her. You might say something like:

- “That sounds very interesting, but what I need to ask is...”
- “I see what you mean, but let me repeat that last question...”

#### **4.3.2 Maintaining Rapport**

You began your rapport-building process with your introduction and it must be continued throughout the interview. Through accepting and understanding behavior and your interest in the respondent, you can create a friendly atmosphere in which the respondent can talk freely and fully.

Occasionally rapport may be broken during the interview for some reason; for example, the respondent may feel that a particular question is “too personal,” for example, the food security questions. If this happens, take time to reassure the respondent that he/she may speak freely without fear. Restating the confidential nature of the interview and the impersonal nature of the survey may help to comfort the respondent. If a respondent refuses to answer a question after you have reassured him or her of

confidentiality, do not press the respondent--enter a refusal response. The procedure will be explained later in the manual.

### **4.3.3 Difficult Situations**

Occasionally you will interview a hostile respondent who either tries to refuse the interview or who is very negative throughout the interview. The most effective way to avoid a refusal or to develop rapport with a hostile respondent is to be thoroughly informed about the study so that you can intelligently respond to questions while communicating the value of the study. A pleasant, professional tone of voice with an evenly-paced response will project your confidence and will begin to establish a rapport with the respondent.

If the respondent agrees to be interviewed but maintains a hostile demeanor that impacts on the data you collect, you will acknowledge that when you complete the observation questions. This is discussed in a later chapter.

### **4.3.4 Incomplete Information**

Respondents may not always be able to provide complete information about the food consumed. This is very common with proxy interviews. If the SP and the proxy respondent cannot provide complete information about a meal or food, and the SP is <12 years old, or an adult who requires a proxy, you must attempt data retrieval. This procedure is described in detail in Chapter 8.

If the respondent cannot provide complete information because he/she can't remember, follow the procedures for documenting unknown foods (Chapter 8).

## **4.4 Probing**

The quality of the interview depends a great deal on your ability to probe meaningfully and successfully. During training, we will discuss and demonstrate appropriate probing techniques for each specific part of the dietary interview. The following section is a brief introduction to probing.

#### **4.4.1 What is Probing and Why is it Necessary**

Probing is the technique you will use to stimulate discussion and obtain more complete information. We probe when a respondent's answer is not meaningful or is incomplete, i.e., when it does not adequately answer the question. There are a number of reasons respondents sometimes do not answer the question to our satisfaction.

In every day social conversation, people normally speak in vague and loose terms. It is understandable that respondents will at first answer our questions in a way that is not clear or specific. It is important to encourage the respondent to express himself/herself more concretely, in very specific terms.

Sometimes respondents will think that they are answering a question when all they are doing is simply repeating an answer that was already given, or simply repeating parts of the question. A respondent can talk a great deal and still be just repeating the question in different words.

Respondents will sometimes miss the point of the question. Many times they will give responses that seem to answer the question, but when you look further, are not to the point of the question and are therefore irrelevant. It is easy to be "taken in" by a respondent who is talkative and gives a lengthy and detailed response that is actually quite beside the point; it is not the answer to the question asked. In most cases, a respondent gives an irrelevant response because he/she has missed an important word or phrase in the question.

Probing, therefore, has two major functions. First, probing motivates respondents to enlarge, clarify, or explain the reasons for their answers. Secondly, probing focuses the respondent's answer so that irrelevant and unnecessary information can be eliminated. All this must be done, however, without introducing bias or antagonizing the respondent.

Some examples of answers that, for different reasons, fail to answer the questions properly are given next. Because of the answers given, each requires probing.

Examples of answers that require probing:

**Question:** Now let's talk about plain drinking water. Did (you/NAME) drink any tap water yesterday, including filtered tap water and water from a drinking fountain?

**Answer:** My doctor says I should drink more water.

**Question:** Was the amount of food that (you/NAME) ate yesterday much more than usual, usual, or much less than usual?

**Answer:** Well I usually don't have pancakes at breakfast.

#### **4.4.2 Probing Inappropriate Responses**

Sometimes a respondent will answer using words different from those in the answer categories you read. When this happens, do not make assumptions about what the respondent intends. If the respondent's answer does not clearly fit one of the provided answer categories, you must probe for a response you can code. Sometimes the best probe is repeating the original question. At other times, the best approach might be to ask, "Well, what would you like me to record?" and repeat all the answer categories.

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**Question:** How much tap water did (you/NAME) drink yesterday?

**Answer:** Well, not very much.

**Probe:** I see. But looking at the glasses, can you tell me about how much tap water (you/NAME) drank yesterday?

**Answer:** Well, I really can't.

#### 4.4.3 Probing Methods Should be Neutral

It is very important to always use neutral probes. By this we mean you should not imply to the respondent that you expect a specific answer or that you are dissatisfied with an answer.

Remember, the reason for probing is to motivate the respondent to answer more fully or to focus the answer, without introducing bias. The potential for bias is great in the use of probes. Under the pressure of the interviewing situation, the interviewer may quite unintentionally imply that some answers are more acceptable than others or may hint that a respondent might want to consider this or include that in giving responses. You must be careful not to do this.

The following example consists of a response from the SP, and two possible probes. The first of these probes is neutral; the other is not.

Example:

**SP:** I had a cup of coffee at 9:00 a.m.

**Neutral Probe:** Did you add anything to your coffee?

**Non-neutral Probe:** So you probably added cream and sugar?

The non-neutral probe suggests a specific answer to the respondent and thus leads the respondent toward that answer, rather than leaving the range of possible responses completely open for the respondent to specify.

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**An expectant pause.** The simplest way to convey to a respondent that you know he/she has begun to answer the question, but has more to say, is to be silent. The pause, often accompanied by an expectant look or a nod of the head, allows the respondent time to gather his or her thoughts. Eye contact is important here.

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**PROBES TO CLARIFY:**

- “What do you mean exactly?”
- “What do you mean by...?”
- “Could you please explain that a little? I don't think I quite understand.”

**PROBES FOR SPECIFICITY:**

- “Could you be more specific about that?”
- “Tell me more about that.”

**PROBES FOR RELEVANCE:**

- “I see. Well, let me ask you again... (REPEAT EXACT QUESTION).”

**PROBES FOR COMPLETENESS:**

- “What else?”
- “What else can you think of?”

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- The respondent doesn't understand the question and says DK to avoid saying he/she doesn't understand;
- The respondent is thinking the question over, and says DK to fill the silence and give himself/herself time to think;
- The respondent may be trying to evade the issue because he/she is afraid of giving a wrong answer, or because the question seems too personal; or
- The respondent may really not know or really may have no opinion on the question.
- Try to decide which of the above may be the case. Don't be in too big a rush to settle for a "don't know" reply. If you sit quietly -- but expectantly -- your respondent will usually think of something. Silence and waiting are frequently your best probes for a "don't know" reply.
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**Question:** Did you add anything to your cereal?

**Answer:** Yes, sweetener.

**Neutral Probe:** What kind was it?

**Non-neutral Probe:** Do you mean Equal or Sweet 'n Low?

**Probe for Completeness.** Don't try to sum up in your own words what someone has said, because this may suggest to the respondent that YOUR idea of his/her response is the "right answer." Do use probes for completeness to make certain that you've obtained full answers.

**Example:**

**Question:** How much of the brownie did you actually eat?

**Answer:** I had two.

**Neutral Probe:** What was the shape of the brownie?

**Non-neutral Probe:** Were these square brownies?

#### **4.4.7 When to Stop Probing**

You should stop probing when you have obtained all the necessary information about the respondent's diet. When you have received sufficient clarification from the respondent so that you (and home office staff) know exactly what he/she had in mind -- only then will you have a complete answer, and only then should you stop probing. However, if at any time the respondent becomes irritated or annoyed, discontinue probing. We do not want the respondent to refuse the rest of the interview.

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So far, we have talked about how to ask the questions and how to obtain clear and complete answers. Both of these are very important jobs. However, it is also critical that the SP's answers are accurately recorded. Specific rules for recording using the automated system will be discussed throughout training. The following general rules always apply. Recording or entering answers using the automated system is quite simple.

**Verbatim recording.** When a respondent elaborates on a response, use the respondent's own language word for word. Don't correct or summarize what you think the respondent means; let

him/her speak for himself/herself. We are as interested in the kinds of words a respondent uses as in the meaning of an answer. If you are conducting the interview in Spanish, enter the responses verbatim in that language.

**Be sure to include the pronouns (he, she, I, they).** Without pronouns the meaning of the answer is frequently not as clear as you think.

#### **4.6 Ending the Interview**

All people who give their time for an interview are entitled to courteous and tactful treatment. Try to leave respondents with the impression that they have taken part in an interesting and worthwhile experience -- one they would be willing to repeat.

After all questions have been asked, indicate your appreciation to respondents by thanking them; also mention that their contribution has been most helpful in providing important information to the study. Remember that the respondent is familiar with your task from the discussion at the beginning of the interview, so don't spend too much time going over the same information. Spend a few minutes answering any additional questions your respondent may have; then close the interview.

## **5. DIETARY INTERVIEW APPLICATION FEATURES**

This chapter describes the features of the instruments you will be using to conduct the dietary interview. It includes an overview of the computer and a discussion of the format and navigational features of the instruments.

### **5.1 General Overview of Computer**

The computer in your dietary room is connected to a network computer located in the MEC. Your computer consists of three components: a monitor, a keyboard, and a mouse. The terminal works through an exchange of messages between the terminal operator (you) and the computer.

Each step in using the computer to conduct the dietary interview will be explained to you: how to turn on the computer and access the program, how to use the keys on the keyboard, and how to conduct the interview. The following diagrams and descriptions have been inserted to give you some insight into the computer and its components. If you do not thoroughly understand a certain key or function, do not be concerned; each will be discussed in much greater detail later in the manual. With practice, the location of the keys on the keyboard, the function of each key, and how everything works together to obtain the necessary data for the 24-hour recall will become clear.

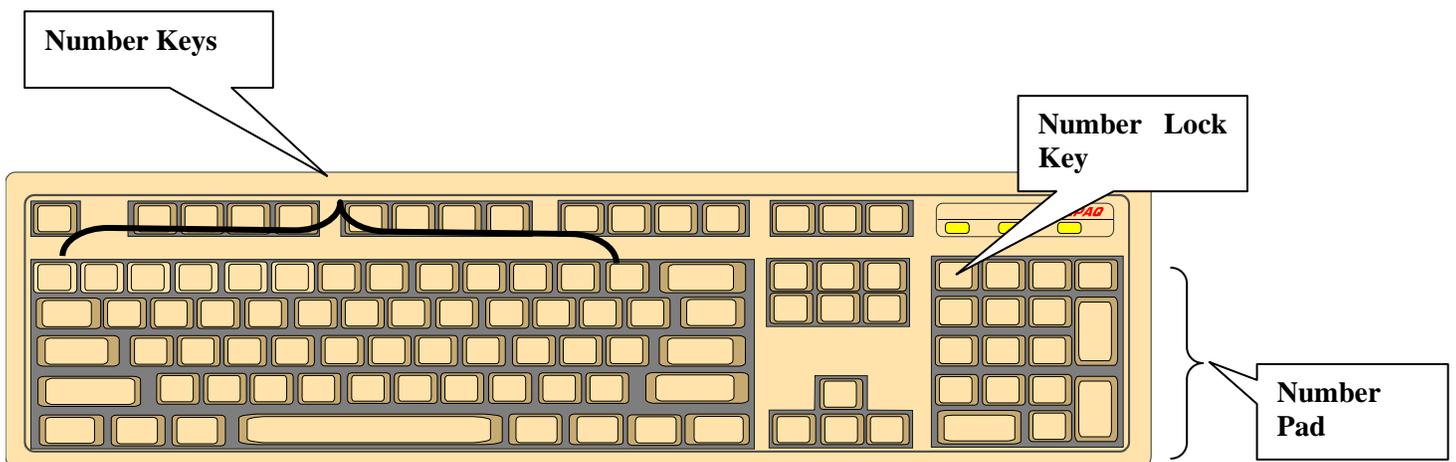
#### **5.1.1 Keyboard**

You will use a number of keys on the keyboard to enter data and navigate through the interview. These are described below and shown in Exhibits 5.1 and 5.2.

**Backspace Keys.** Press the **Backspace** key to erase any information that you have typed in. The **Backspace** key erases one character to the left of the cursor if depressed and released, or continues to erase if held down. This function will mostly be useful to you when using comment boxes and OS, and the soup category.

**Number Keys.** Use the top row of the keyboard or the number pad at the far right of the keyboard to enter numbers. Before you can use the number pad to enter numbers, you must make sure that the number lock is on. When you depress the **Num Lock** key, which is located above the number 7 on the number pad, a small light above the **Num Lock** key is lit. This must be done each time you turn on the computer.

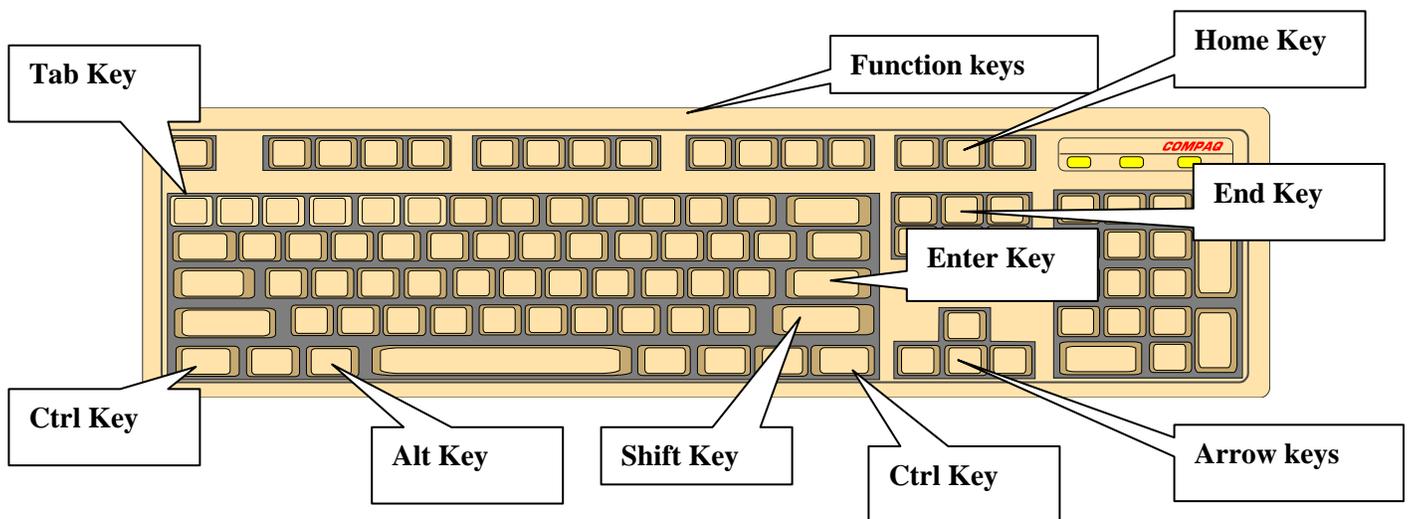
Exhibit 5-1. Illustration of keyboard with backspace and number keys



**Navigation Keys.** Navigation keys allow the interviewer to efficiently move through the interview. Navigation keys include the **Home** and **End** keys, **arrow** keys, and **Alt +** and **Ctrl +** keys.

**Cursor Control Keys.** The cursor is a flashing, black, vertical bar that tells you where the information you type will appear. The cursor control keys include the **Tab** and **Enter** keys. These keys are used alone or in combination with other keys to move the cursor and may be used at some point in the interview.

Exhibit 5-2. Illustration of cursor control keys and navigation keys



**Function Keys.** The function keys are located at the top of the keyboard. They will be described in detail as you go through the chapter.

### 5.1.2 Dietary Interview Application Features

Two programs make up the dietary interview application—the wrapper and the USDA Automated Multiple Pass Method (AMPM) program. The AMPM is specialized software used for collecting the dietary recall. The “wrapper” program was designed to go around the AMPM so it would fit into the other NHANES applications.

When you are in the **wrapper** you will see a hamburger icon in the upper left corner of the screen. In the **MEC** the word “Dietary” will appear next to it—indicating the MEC dietary component.

Exhibit 5-3. Wrapper screen



When you are in the **AMPM program** you will see a yellow and red icon in the upper left corner and the words “Blaise Data Entry” next to it—indicating the software used to create the AMPM program.

Exhibit 5-4. AMPM screen



With the exception of a few entry screens, all of the **Dietary Recall** section of the dietary interview is collected using the AMPM program. The **Post-Recall** section is collected using the wrapper program. The **status code** for each section is also collected in the wrapper.

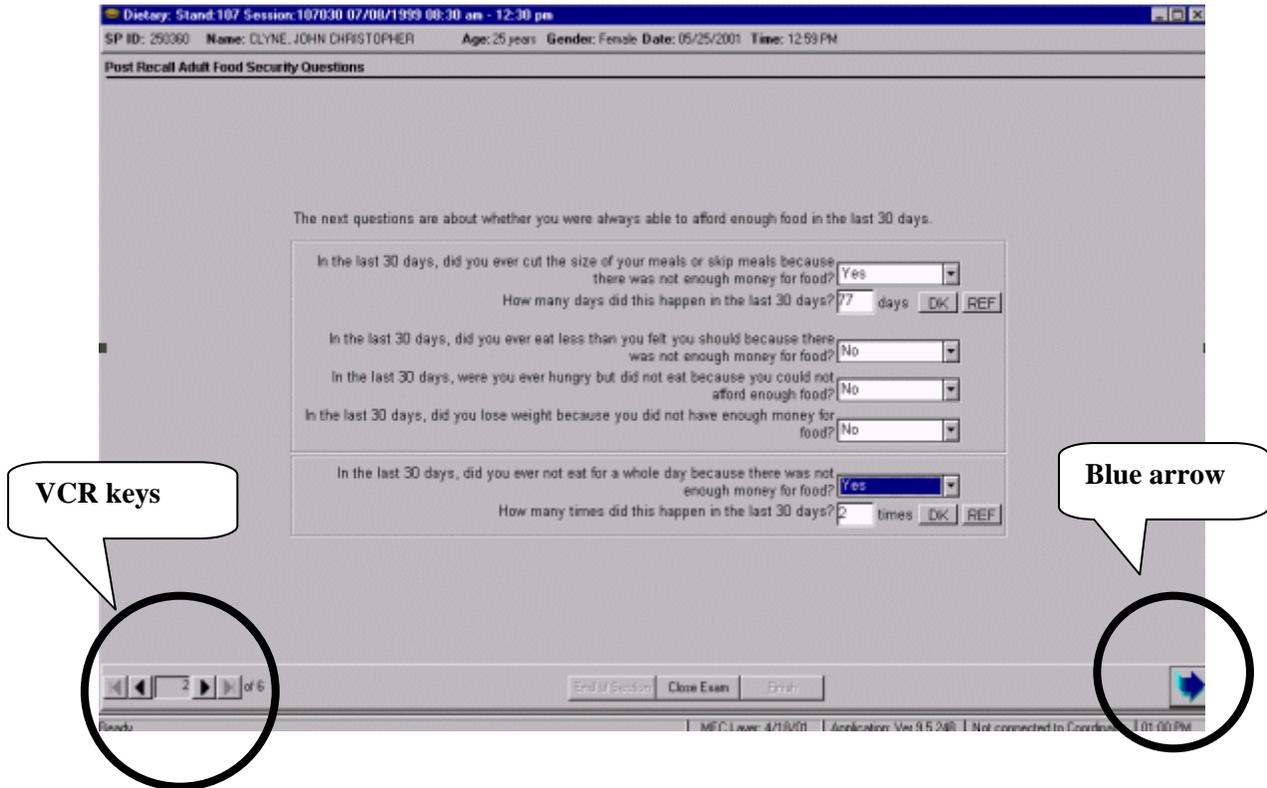
### **The Wrapper Program**

There are a number of navigational keys you can use to move through the wrapper program. These include:

- Tab – moves you from field to field
- Enter – moves you from screen to screen

You may also navigate the wrapper program using VCR keys or the blue arrow shown in the screen below.

Exhibit 5-5. VCR keys and blue arrow



The VCR keys allow you to move backward or forward in the wrapper. In the center is a rectangle that contains the page number of the current screen. Clicking on the arrow to the immediate left will move you back one page. Clicking on the arrow to the far left will move you back to the first page of the section. Likewise, clicking on the arrow immediately to the right of the number will move you to the next page, while clicking on the far right button will move you forward to the last page of the section. You can also move to the next screen by clicking on the blue arrow in the lower right hand corner of the screen.



**Text features.** Purple text is used for all question text and response items. Green (or teal) text is used for interviewer instructions, which are in brackets and in upper case. Words that you need to emphasize in the questions and frequently reported responses are printed in bold type.

Exhibit 5-7. Text features

Intake	Sorted_RFL
Terri (35, F),	I2.001.IN.01.002 (333) 555-7777
Broccoli, 6:30 PM, dinner	
Was it regular or low sodium?	
<input type="radio"/> 1. Low sodium	
<input checked="" type="radio"/> 2. <b>Regular</b>	
<input type="radio"/> 91. Other, Specify	

**Header information.** There are two types of header information — (1) Demographics Header, which includes name, age, and gender, and (2) Food Header, which includes the food name, time, and occasion.

Exhibit 5-8. Header information

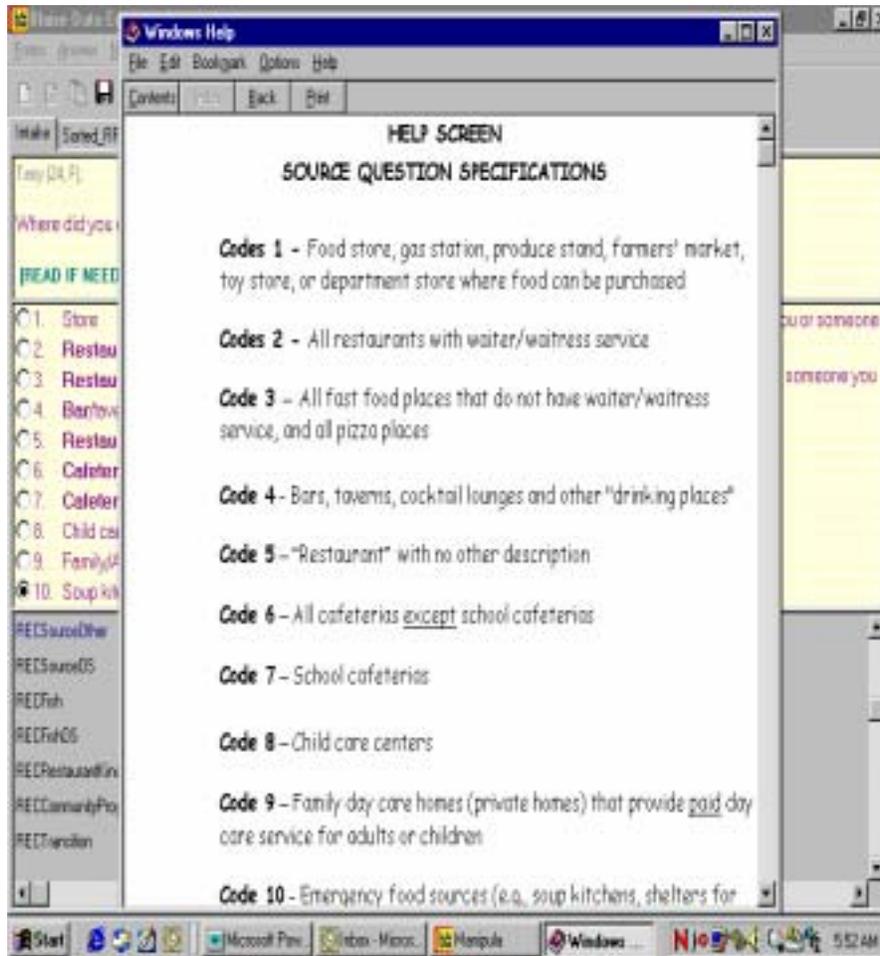
Intake	Sorted_RFL
Terri (35, F),	I2.001.IN.01.002 (333) 555-7777
Chicken, 6:30 PM, dinner	
How was the breast prepared? (Was it baked, broiled, fried, smoked, roasted, stewed, or something else?)	
[IF R REPORTS "SAME PREP AS PREVIOUSLY REPORTED", SELECT SAME PREP AS PREVIOUSLY REP	

**Header information**

**Function keys.** The AMPM program includes specific function keys to provide shortcuts for the interviewing process. These keys are described below.

- **F1 (Help)** – used to call up the source Help screen

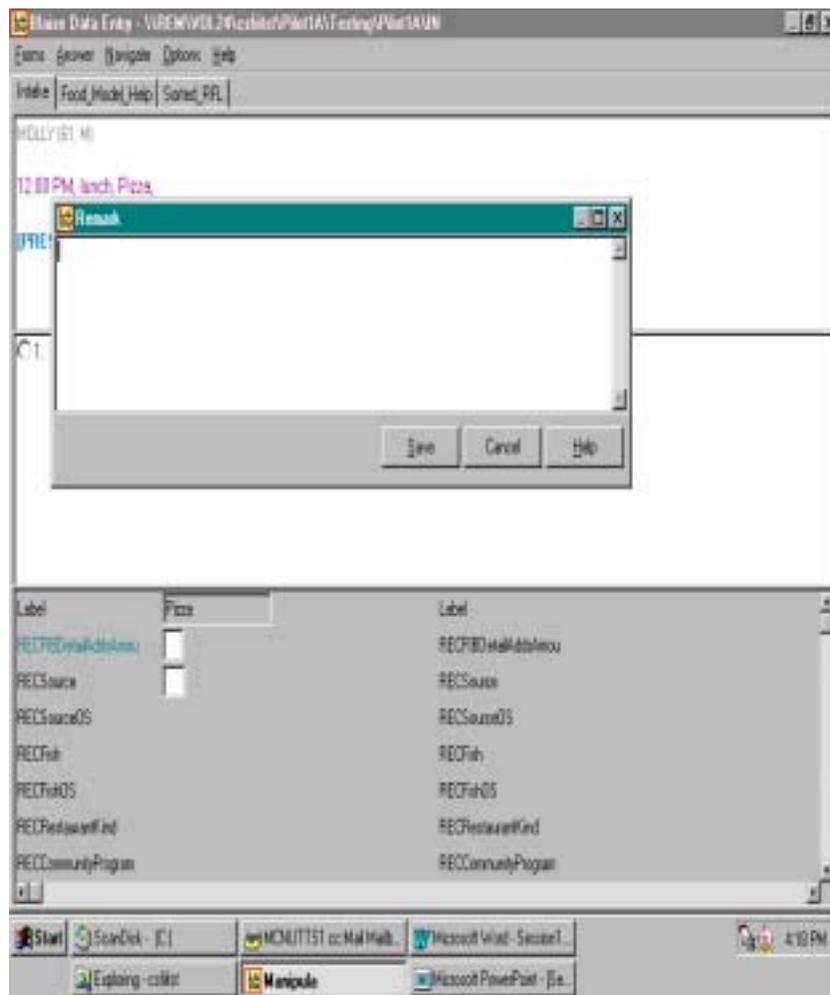
Exhibit 5-9. F1 (Help)



- F6 (Remark box)** – used to make a remark or comment. When you press F6 you will get this remark box. The box is associated with the field your cursor is in when you press F6. So, if you need to further explain something the respondent has said, press F6 to access the remark box and type in the information.

If you want to make a remark about a food that you have already completed, go back to the RFL, put the cursor on the food in the food list using your **mouse** and press F6 to make your remark. If the RFL food is greyed out, you can only highlight it by clicking on the mouse as you place it over the food field.

Exhibit 5-10. F6 (Remark box)



- **F7 (Refusal)** – used to record a refusal to a particular question. When you press F7, the program will enter an exclamation mark (!) in the field where you’ve put the cursor.

Exhibit 5-11. F7 (Refused)

<input type="radio"/> 1. Bagel bites	<input type="radio"/> 4. Pizza
<input type="radio"/> 2. English muffin pizza	<input type="radio"/> 5. Pizza bagel
<input type="radio"/> 3. French bread pizza	<input type="radio"/> 6. Pizza bites
FIBStart	Includelntake
PizzaForm	

- **F8 (DK)** – used to record a DK response. When you press F8, the program will put a question mark into the field where you’ve put the cursor. DK is an acceptable answer.

Exhibit 5-12. F8 (DK)

<input type="radio"/> 1. Bagel bites	<input type="radio"/> 4. Pizza
<input type="radio"/> 2. English muffin pizza	<input type="radio"/> 5. Pizza bage
<input type="radio"/> 3. French bread pizza	<input type="radio"/> 6. Pizza bites
FIBStart	Includelntake
PizzaForm	

- F9 (access sorted RFL)** – used to access the sorted RFL. Foods that have been collected with details are sorted chronologically. This feature is very helpful during the interview because it helps you keep track of where you are. You will also refer to it when you need to document the time and occasion for a “same as” food. Finally, you can use it to confirm whether you added or misreported a food correctly. For example, in the screen below, the space between breakfast and lunch indicates a food was misreported.

Exhibit 5-13. F9 (Access sorted RFL)

Intake Sorted\_RFL

Terri (35, F), 12.001.IN.01.002 (333) 555-7777

Oj, 7:00 AM, breakfast

Macaroni and cheese, 12:30 PM, lunch

Applesauce, 12:30 PM, lunch

Chicken, 6:30 PM, dinner

Ice tea, 6:30 PM, dinner

Broccoli, 6:30 PM, dinner

1. CONTINUE

- F10 (return to RFL)** – used to return to the RFL at any point in the interview. The first time you access this screen you will need to enter the letters “rfl”. After that the field will be automatically filled, and you will only need to press Enter. Use this function key when you need to add a food to the RFL or make a remark on a food that you have already collected.

Exhibit 5-14. F10 (Return to RFL)

Search Tag

Tag: rfl

Options

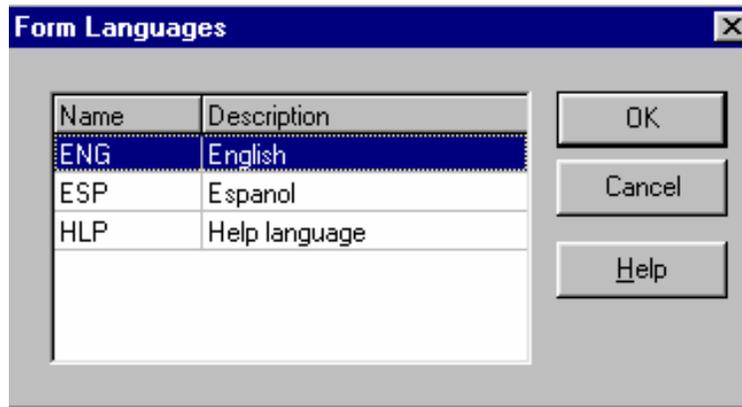
Start from first field

Start from current field

OK Cancel Help

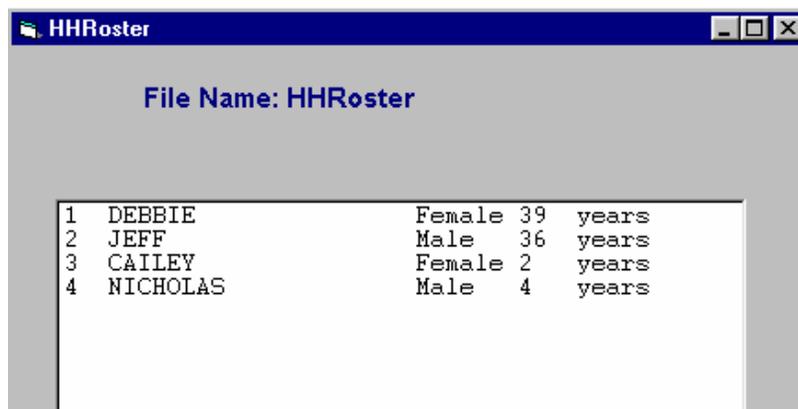
- **F11 (Language)** - used to select the language of choice. All questions except the food probes in the Detail and Review cycle have been translated to Spanish. You will not use the Help language selection.

Exhibit 5-15. Language



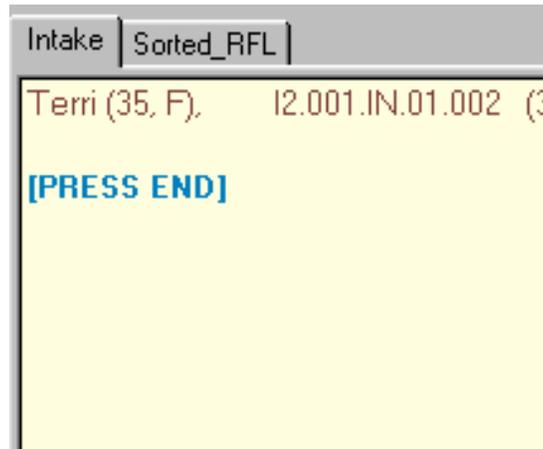
- **Ctrl+H (HH)** – used to access a roster of HH SPs. This is important when you want to indicate the ID number of another household member who ate the same food reported by the SP. By accessing this roster you can document the pertinent information.

Exhibit 5-16. Ctrl + H (HH)



- **End** – used to take you to the next appropriate questions. It will be your primary navigation key. When you return to the RFL to enter a food, you will use the END key to get you to the place you left.

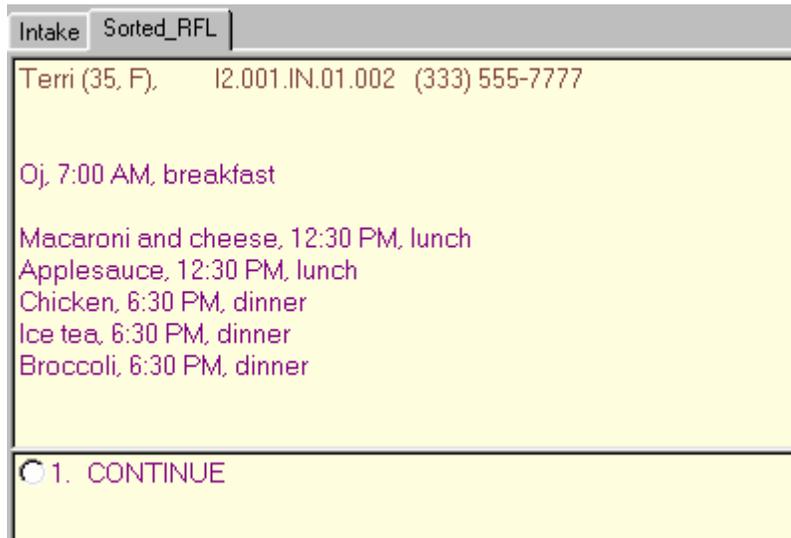
Exhibit 5-17. End



- **Arrow keys** – used to help you move through the instrument.
  - **Down arrow and right arrow** –move forward.
  - **Down arrow** – enter foods on the RFL.
  - **Up and left arrow** – back track to a question.

- Parallel tab** – used to access sorted RFL. The parallel tab is at the top of the screen on the left side. You can access this tab at any time throughout the interview. To exit the parallel tab and get back to your place in the instrument, click on the Intake tab to the far left.

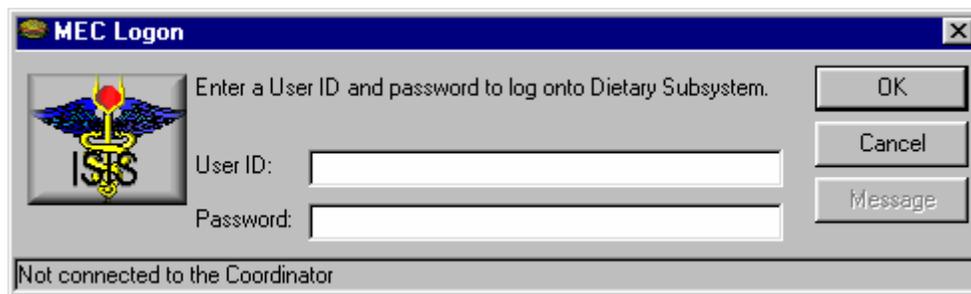
Exhibit 5-18. Parallel tab



### 5.1.3 Turning Computer On and Accessing the Program

When you turn on the computer you will be in the wrapper program and will see an ISIS title screen. You will be prompted for your USERID (Lastname\_F). You will also be asked to enter your password. You will be given the password by the systems coordinator.

Exhibit 5-19. ISIS Logon screen

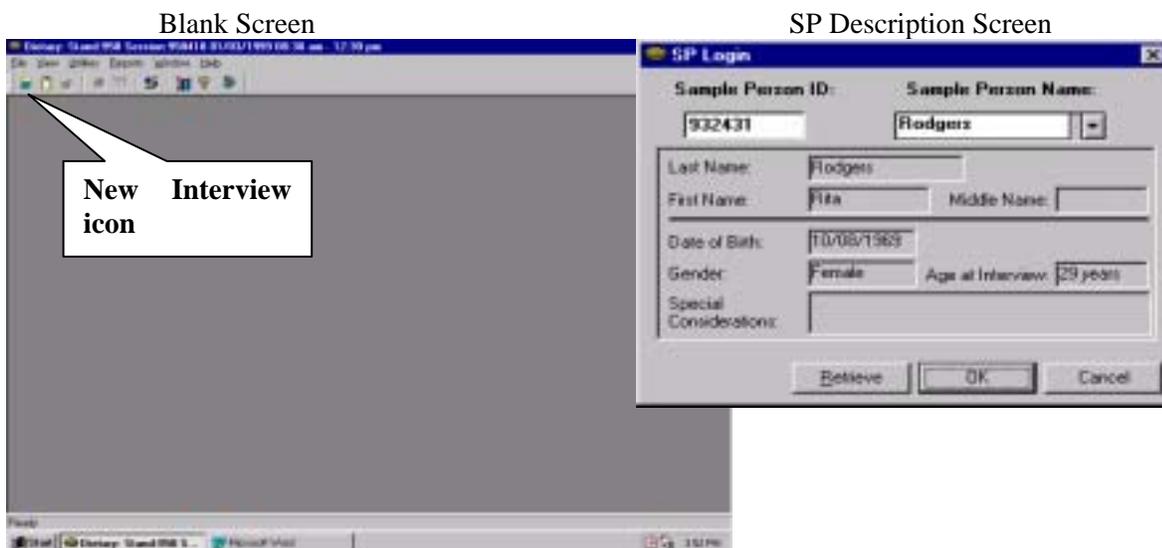


During the session, the MEC coordinator will assign a sample person (SP) to your room. A small rectangular box will appear on your screen indicating that an SP has been assigned. The SP's name will appear in the box along with any message from the coordinator. There is also a space in this box for you to respond to the coordinator if necessary. Simply click "OK" (or press **Enter**) to notify the coordinator that you received the message.

A new screen with icons across the top will appear on the screen. To accept the SP information, you will click on the *New Interview* icon at the top left of the screen, which looks like a closed file box with a yellow 'star' on it. A box will open that contains a description of the SP including name, age, gender and date of birth of the respondent.

When the SP enters the dietary interview room, you will first use the barcode wand to read the barcode on the respondent's ID bracelet. The area of the bracelet with the barcode must be held flat to be read. If the SP has a small wrist, you can flatten this section of the bracelet by inserting two of your fingers under the bracelet. If the wand cannot read the barcode, type the 6-digit number manually. This will inform the computer that the SP has arrived. You should confirm with the respondent that the name on the screen is correct. Then, using the mouse, move the cursor to the bottom of the screen and click on "OK".

Exhibit 5-20. New interview and SP description screen



The next screen asks whether the interview is a “back-to-back” interview. Back-to-back interviews are interviews completed with the same respondent, one right after the other, for example, when an SP does her own recall and then acts as the proxy for her young child. Only select “yes” when the respondent is the same respondent from the prior interview.

If you are interviewing an SP during the 2nd MEC exam and the PFU interview is scheduled for the same day, a message will appear to prompt you to ask: “Have you completed a dietary interview by phone today?” If the SP responds ‘No’ you will ask, “Have you been scheduled for a dietary interview by phone today?” If the SP answers ‘Yes’ to either question you will explain that SP’s cannot have 2 dietary interviews on the same day. Close the interview and assign a Not Done status code. If the SP answer ‘No’ to both questions, conduct the interview and then contact the telephone supervisor to explain the discrepancy.

Exhibit 5-21. Back-to-back interview screen

107 Session:107780 09/21/1999 08:30 am - 12:30 pm

ΔIME Age: 27 years Gender: Male Date: 12/19/2001 Time: 10:40 AM

Have you completed a dietary interview by phone today?  
If NO: Do you have a dietary phone interview scheduled for today?

Is this a back to back interview?

## **6. CONDUCTING THE 24-HOUR DIETARY RECALL INTERVIEW**

This section of the manual contains detailed step-by-step instructions for conducting the 24-hour dietary recall interview using the USDA automated multiple pass method (AMPM) instrument. In order to avoid repetition, once a task has been described, it will be referenced later in a less detailed fashion. Each section of this manual builds upon the previous one; review each section carefully before going further.

### **6.1 Introduction of the MEC 24-Hour Dietary Recall using the USDA Automated Multiple Pass (AMPM) instrument**

The dietary interview is comprised of two sections: the Dietary Recall section and the Post-Recall section. The Dietary Recall section includes the 24-hour dietary recall and a set of health-related and data retrieval questions. The Post-Recall section includes fish/shellfish questions, food security questions, and questions about the recent health of Child SPs. The Post-Recall section also contains screens to schedule the Phone Follow-up interview and a set of observation questions for you to complete.

With the exception of a few entry screens, all of the Dietary Recall section of the interview is collected using the AMPM program and all of the Post-Recall session is collected using the wrapper program. The status code for each section is also collected in the wrapper.

The 24-hour dietary recall collects a list of all the foods and beverages an SP consumed within a 24-hour period; the time of consumption and the name of the eating occasion; detailed food descriptions and amounts of the reported foods; where it was obtained; and whether it was eaten at home or not. The recall is followed by a set of health-related questions. The data will be collected using the new USDA AMPM instrument. Information collected from the 24-hour dietary recall will be coded and linked to a database of foods and their nutrient composition. Calculations of total daily nutrient intakes will be derived from these data. The information obtained will be used to describe the food and nutrient intake of the population.

The health-related questions collect information about the SP's usual intake, water consumption, and use of salt at the table and during preparation, as well as special diet information.

## 6.2 Key Features of the 24-Hour Dietary Recall

The 24-hour dietary recall is divided into five steps that collect different kinds of information about foods consumed during the 24-hour period of the previous day. The different steps encourage respondents to think about their intake in different ways and from different perspectives. This methodology is designed to maximize respondents' opportunities for remembering and reporting foods they have eaten.

The five steps are summarized below.

**Step 1.** The Quick List is the first step and is designed to get a quick report of easily remembered foods. The interviewer first defines the task for the SP:

*First we'll make a list of the foods you ate and drank yesterday, (DAY) It may help you remember what you ate by thinking about where you were, who you were with, or what you were doing yesterday, like going to work, eating out, or watching television.*

*Please tell me everything you had to eat and drink all day yesterday, (DAY) from midnight to midnight. Include everything you had at home and away, even snacks, coffee, soft drinks, and alcoholic beverages, but not water. I'll ask you for specific details and amounts of the foods in a few minutes. At this time, just tell me what you had.*

**Step 2.** The Forgotten Foods List is the second step. In this step you will encourage SPs to think about specific categories of foods that are frequently forgotten. The categories include non-alcoholic beverages, alcoholic beverages, sweets, snacks, fruits/vegetables/cheese, and breads.

**Step 3.** The Time and Occasion questions are the third step. They are designed to encourage additional recall and reporting by helping respondents think about their eating patterns over the past 24 hours.

**Step 4.** The Detail and Review Cycle is the fourth step. This step includes the following:

- a) Probes for food descriptions and food amounts (from Food Categories);
- b) A probe for the source of each food (RECSource), that is, where the food was obtained;
- c) A review of each occasion (RECReviewofEvent) to see if the SP remembers any additional foods;
- d) A probe for where each occasion was eaten (RECEventLocation); and
- e) A review of the period between occasions (RECBetweenIntervalProbe) to see if the SP remembers any additional foods.

Each food in an occasion goes through a and b and then the program cycles each occasion through c, d and e before taking you to the 5<sup>th</sup> step.

Remainder foods are probed after the last interval probe. Remainder foods are foods the SP remembers during the interview that were consumed before the time period being discussed. Remainder foods will be stored by the AMPM until the end of the Recall portion of the interview to maintain the flow of chronological order.

**Step 5.** The Final Review probe is the last step. This step concludes the 24-hour recall portion of the interview by asking SPs one more time if they can remember anything else they ate or drank in the previous day.

### 6.3 Introduction to Respondent

The first screen you will see asks about the food model guides. Since this is an in-person interview, the models are in front of the respondent. Therefore, always enter “1” and continue to the next screen, which introduces the Quick List.

Exhibit 6-1. Have food model guides screen

The screenshot shows a software window titled "Blaise Data Entry - Q:\csfitst\CSFII\_NHANES\Testing\Instruments\Intake". The window has a menu bar with "Forms", "Answer", "Navigate", "Options", and "Help". Below the menu bar is a toolbar with various icons. The main content area is titled "Intake" and contains the question "[DOES THE RESPONDENT HAVE THE GUIDES?]" in blue text. Below the question are three radio button options:

- 1. SP has CSFII measuring guides
- 2. SP has own guides
- 3. SP does not have any guides

At the bottom of the window is a data entry table with the following fields and values:

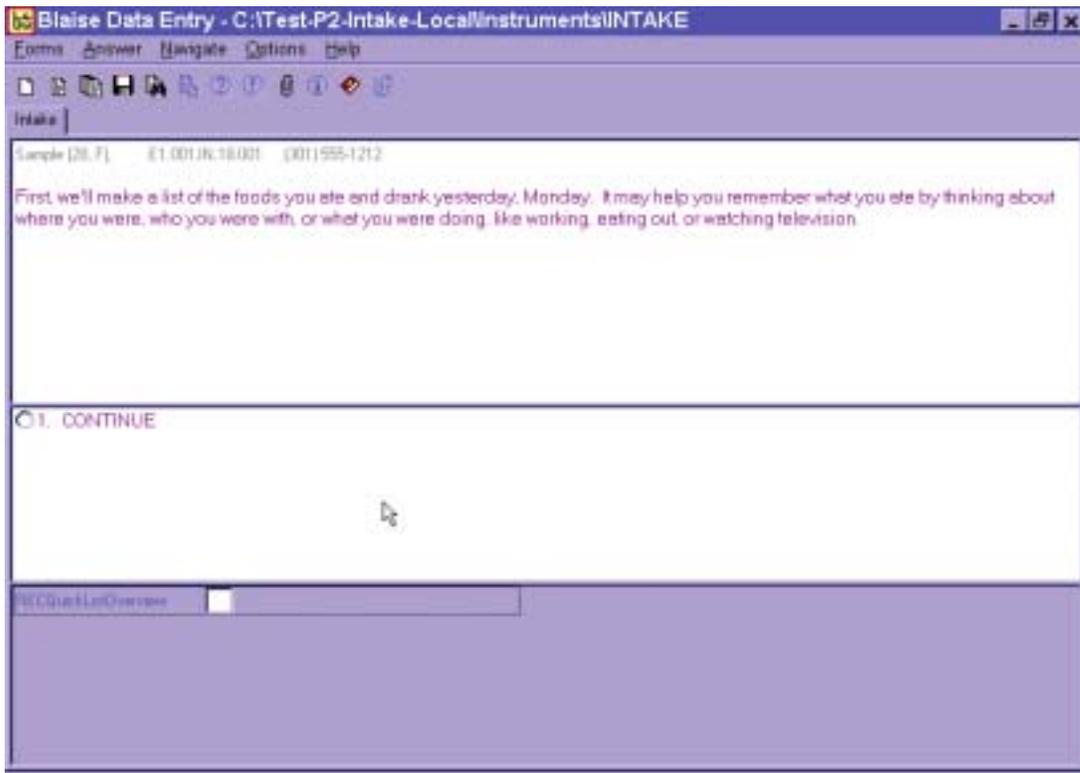
SPPhoneArea	0	
SPPhoneExch	0	
SPPhoneLcd	0	
BackToBackInterview	1	Yes
NTRHaveGuides	1	SPHasMeasuringGuid

### 6.4 Step 1: The Quick List Pass (QL)

The QL pass is the first step of the instrument. It introduces the SP to the concept of the 24-hour dietary recall and collects all the foods they remember eating.

The first screen asks the respondent to recall all of the foods and beverages they ate and drank the day before the interview. You must read the statement verbatim. Press “1” and ENTER to continue with the rest of the QL Introduction.

Exhibit 6-2. Recall foods and beverages screen



The second screen, the Respondent List (RFL) screen, is where you record all the QL foods. You will read the statement at the top and enter the food information in the FoodName column. This screen is a grid and consists of five columns that you will use to enter information.

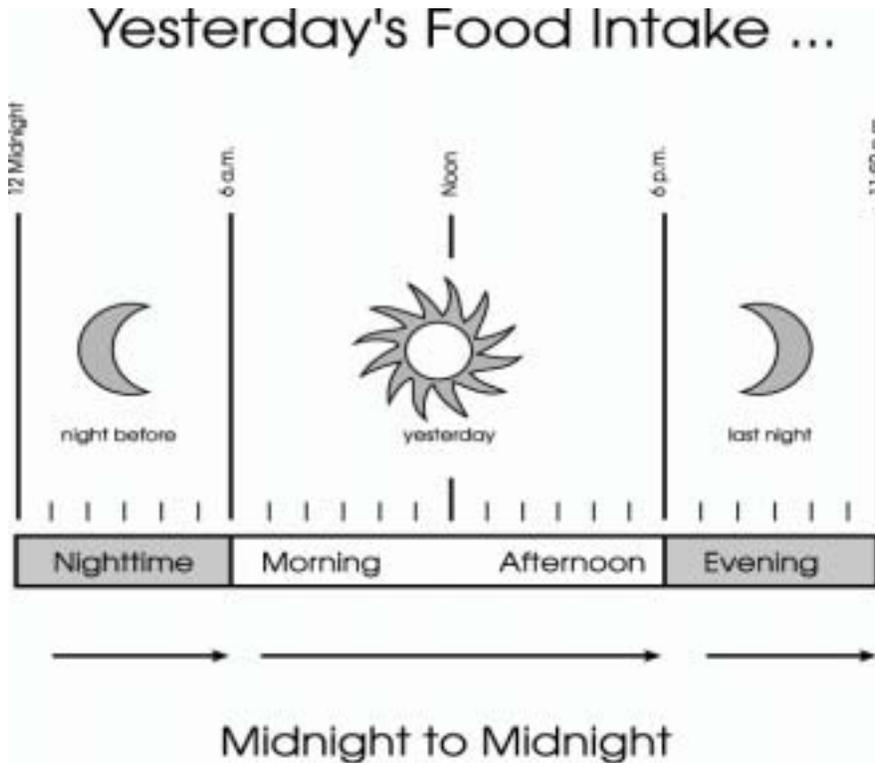
On the RFL screen you will enter the food name and may enter any helpful comments (if time permits), times, or occasions that the respondent reports. You will return to this screen later to collect the times and occasions for every food reported at the QL pass.

Exhibit 6-3. RFL screen

	Food Name	Comment	Time	Occasion/Occasion, 05
Food(1)	<input type="text"/>			
Food(2)				
Food(3)				
Food(4)				
Food(5)				
Food(6)				
Food(7)				
Food(8)				
Food(9)				
Food(10)				

**Statement.** Read the statement exactly as it is written on the screen. The SP must understand that you are interested in everything they ate or drank during the 24-hours of the previous day, from midnight to midnight. If the SP does not understand the time frame, re-explain, guiding the SP to “Yesterday’s Food Intake. . . Midnight to Midnight” card. For example, for an interview on Thursday, you might say, “We’ll be talking about the period from 12 midnight, Wednesday night, all day yesterday, until 12 midnight, last night.” The exact time period is from 12:00 midnight to 11:59 PM.

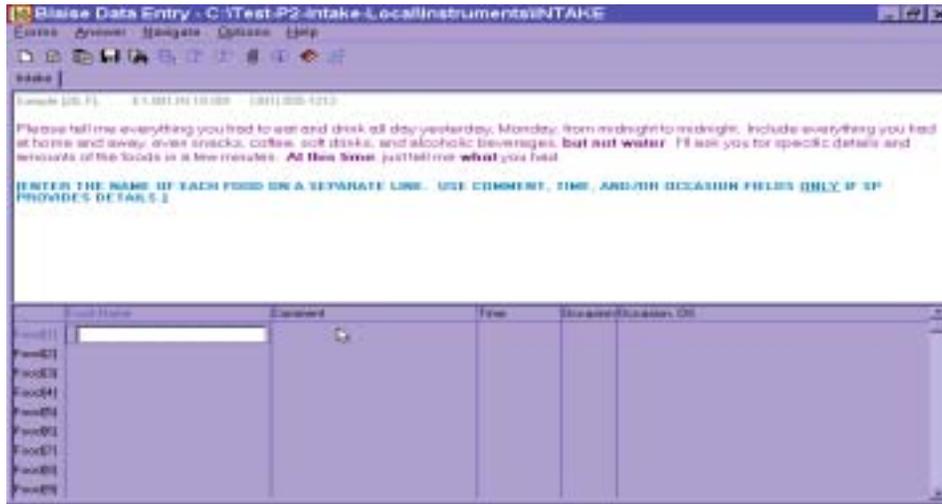
Exhibit 6-4. Yesterday's food intake card



Emphasize that the respondent is to tell you **everything they ate or drank** including snacks and food they ate or drank at home or away from home. You do not need to collect information about vitamins and mineral supplements in a pill or liquid form. **Do not interrupt or probe** while the respondent is listing the foods on the QL pass. However, if you cannot understand the respondent or if they report their foods too fast for you to enter them, you may ask them to repeat or clarify what they've said.

**Column 1. FoodName Column.** Notice that the cursor is in a blank field in the FoodName column, which is the first column of the RFL. Foods reported by respondents are entered in this column.

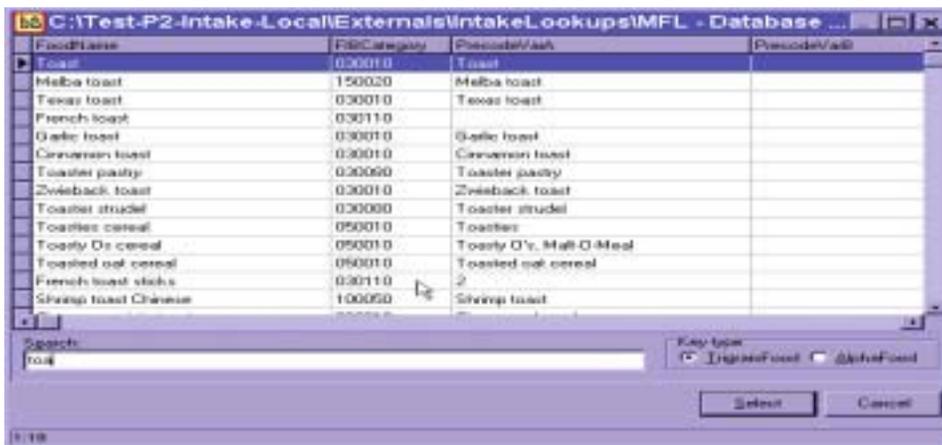
Exhibit 6-5. Food name column



As you begin to type a food name, you will access the Main Food List (MFL). The MFL is a list of over 2,600 foods that you will use any time you enter foods on the RFL (see Section 6.4.1 for details on the MFL).

In most cases, you must enter at least three letters of a food name to access the MFL. In general, the more letters entered, the greater the likelihood of a match. However, certain two-letter abbreviations will access frequently reported foods (see Section 6.4.1 for details on MFL search strategies).

Exhibit 6-6. Trigram search



If the highlighted food is not a match, use the DOWN ARROW key to scroll down the list and select the food that is the best match for what the respondent reported. Once the food is highlighted, press the ENTER key to select the highlighted food. The food will be placed in the RFL FoodName field.

To get to the next available FoodName field, use the DOWN ARROW key. If the respondent changes a reported food, or if you have selected an incorrect food, use the UP ARROW key to go back to the original food line and enter the change or enter “error” to delete it.

Exhibit 6-7. RFL screen, columns 2-4

The screenshot shows a window titled "Blaise Data Entry - C:\Test-P2-Intake-Local\Instruments\INTAKE". The window has a menu bar with "Forms", "Answer", "Navigate", "Options", and "Help". Below the menu bar is a toolbar with various icons. The main area of the window contains the following text:

Intake |  
Sample (26.7) E1.001.N.18.001 0011955-1212  
[ENTER THE NAME OF EACH FOOD ON A SEPARATE LINE. USE COMMENT, TIME, AND/OR OCCASION FIELDS (ONLY IF SP PROVIDES DETAILS)]

Below the text is a table with the following columns: Food Name, Comment, Time, and Occasion/Occasion, 05. The table has 10 rows, labeled Food(1) through Food(10). The first row (Food(1)) has "Toast" in the Food Name field. The other rows are empty.

	Food Name	Comment	Time	Occasion/Occasion, 05
Food(1)	Toast			
Food(2)				
Food(3)				
Food(4)				
Food(5)				
Food(6)				
Food(7)				
Food(8)				
Food(9)				
Food(10)				

**Column 2. Comment Field.** The Comment field is for your use only. You can enter any information the SP reports about a food that will be helpful later. For example, if the SP reports “rice with gravy,” enter “rice” in the Quick List and “gravy” in comments.

**Columns 3 & 4. Time and Occasion Fields.** Respondents may report an eating time and/or occasion as they remember what they ate. You may enter this information in either the comment field or the time and occasion fields. Press the ENTER key to go across the screen to the appropriate field. Do **not ask** for the times or eating occasions of any foods while on the Quick List pass. Procedures for entering the Time and Occasion are discussed in more detail in Section 6.6.

As you move through the QL Pass, try not to interrupt SPs while they report their foods, but use the information provided to help you select the best choice from the Main Food List. You may ask respondents to restate or clarify a food if you do not understand them.

Your goal during the QL Pass is to let respondents report everything they ate or drank. If respondents seem unable to recall what they ate in the 24-hour period (or for a particular eating occasion), use a prompt. For example, you can say something like, “Perhaps it will help you to think about where you were on Wednesday” or “Perhaps it will help if you think about what you were doing at that time.” Be careful, however, not to use probes that suggest specific meals or foods such as, “What did you have for breakfast?” or “Do you usually have orange juice first?”

It is crucial that respondents really understand what is being asked. Explain the procedure carefully and let the respondents know that you will be patient while they try to recall the information.

#### **6.4.1 The Main Food List (MFL)**

The Main Food List (MFL) is a list of more than 2,600 foods from which you will select foods eaten by the SP during the previous 24 hours. The MFL links the food to the appropriate category of probes needed. The MFL lists foods in the ways respondents will likely report them. The goal when searching the MFL is to find a food quickly and, if possible, get a “direct hit.” A direct hit occurs when the letters you enter bring up the food you want.

The USDA AMPM program searches for foods on the MFL through a mechanism called “Trigram searching.” “Trigram searching” operates basically as a word-matching process initiated after you type in all or part of a food name. The combination of letters you type in is called a “search term.” After a search term has been entered, the trigram search mechanism finds all foods that have three-letter combinations of the search term. For example, if you type in the word “French fries” the trigram will

search for the following three-lettered combinations: FRE, REN, ENC, NCH, CH\_, H\_, F\_FR, FRI, RIE, and IES. The program will display all foods that have this combination of letters.

As shown below, typing in only part of the word “French fries” (Fren Fri) brought up “French Fries” at the top of the list (a direct hit). The search also brought up all foods containing the three-lettered combinations of the word “Fren Fri,” including foods not associated with french fries such as “Chicken fried rice, Chinese.”

Exhibit 6-8. Main Food List (MFL)

The screenshot shows a window titled "C:\CSFII\_NHANES\Testing\Externals\IntakeLookups\MFL - Database Browser". It contains a table with the following data:

FoodName	FIBCategory	PrecodeVarA	PrecodeVarB
French fries	080030	6	
BK french fries	080030	6	1
Chicken fricassee	100010	Fricassee, chicken	
Arbys french fries	080030	6	1
Chicken fried steak	090010	Chicken fried steak	
School french fries	080030	6	4
Wendys french fries	080030	6	1
Fast food french fries	080030	6	1
McDonalds french fries	080030	6	1
Chicken fried rice Chinese	100050	Fried rice Chinese, chicken	
Din fries	080030	5	
French roll	030020	4	French roll
French bread	030010	French bread	
French toast	030110		
Fried chicken	nonnon	1	

Below the table, there is a search field containing "fren fri" and a "Key type" section with radio buttons for "IrigramFood" (selected) and "AlphaFood".

As illustrated above, the trigram uses spaces and characters in the word(s) you have typed to search. Typing fewer letters or two words with no space will bring up a different combination of letters. For example, typing ‘Fre fri’ brings up ‘home fries.’ Typing ‘toa’ brings up ‘Texas toast’ but typing ‘toast’ brings up ‘toast.’ As you become more familiar with the MFL, you will learn which strategies are best for you when searching for foods on the MFL.

### 6.4.1.1 Strategies for Searching

There are a number of strategies you can use to quickly and accurately find the correct food on the MFL. These include:

- Entering words or partial words that **uniquely identify** a food (e.g., “add” for “water as an addition”; “cof” for coffee). See table on next page.
- Learning efficient search terms for the most **frequently reported foods** (e.g., “1 milk” for “1% milk,” “toast” for ‘toast,’ and ‘grapef ju’ for grapefruit juice.);
- Entering **generic food names** (e.g., “soda” instead of “caffeine-free soda”, “Happy Meal” instead of “McDonalds Happy Meal”) when you know that level of detail is not on the MFL;
- Entering **food and brand name abbreviations** (e.g., “oj” for “orange juice,” “pbj” for “peanut butter and jelly sandwich” and “WWAT” for “Weight Watchers”);
- Entering **eating occasions and places** (e.g., “appetizers,” “school lunch,” and “Chinese food”) if the respondent does not give you specific foods on the QL; and
- Entering **place holders** for unknown foods and situations when the SP was fasting.

These strategies are discussed below:

**Unique Identifiers for Frequently Reported Foods** - Becoming familiar with the most frequently reported foods will save you time when entering foods into the RFL. Following is a list of foods that were reported most frequently in USDA’s Continuing Survey of Food Intakes by Individuals (CSFII) conducted in 1994-96, along with their appropriate search term.

Exhibit 6-9. Table of unique identifiers on MFL

FOOD	SEARCH STRING	FOOD	SEARCH STRING
Apple	app	Half and half	half
Banana	ban	Hot dog	hot
Beer	beer	Ice cream	ice cre
Bread	bre	Jam	jam
Brownie	brow	Jelly	jelly
Burger	burg	Juice	jui
Butter	butt	Lettuce	lett
Cake	cak	Luncheon meat	lunchm
Cantaloupe	cant	Margarine	marg
Carrots	carr	Mayonnaise	mayo
Cereal	cereal	Milk	mil
Cheerios	cheerio	Onions	oni
Cheese	cheese	Orange juice	oj OR ora jui
Cheddar cheese	chedd	Pancake	panc
Chicken	chicken	Peanut butter	pea but
Chips	chips	Pickle	pic
Coffee	cof	Pie	pie
Coke	cok	Pizza	piz
Cola	col	Potato	pota
Cookie	coo	Potato chips	pot chips
Corn flakes	corn fl	Pretzel	pre
Crackers	crac	Rice	ric
Cream	cre	Roll	rol
Egg	egg	Sausage	saus
Frankfurter	fran	Sugar	sug
French fries	fren frie	Soft drink	sof dri
Fries	fren frie	Soda	sod
Fruit	fru	Syrup	syr
Fruit punch	fru pun	Tea	tea
Fruit drink	fruit dri	Tomatoes	toma
Grapes	grap	Vegetables	veg
Ground beef	gro bee	Water as addition	wat add
Gravy	gra	Wine	wine
Ham	ham		
Hamburger	hamb		

**Generic Food Names.** The MFL contains a number of generic foods such as “milk”, “bread”, and “soda” that you can use to get a “direct hit” if you are unsure whether the reported food is on the MFL. For example, if a respondent reports anadama bread and you are unsure how to enter the food name, you may enter “bread” and write “anadama” in the comments field. Following is a list of the generic foods in the MFL.

Exhibit 6-10. Generic food names

<b>Generic Foods</b>	
Alcoholic drink	Meal replacement powder
Alcoholic mixed drink	Meat
Appetizer	Mexican food
Baby formula	Milk
Bf	Milkshake
Bf cereal	Mixed drink
Bf fruit	Nonalcoholic drink
Bf vegetable	Nuts
Bf dinner	Oil
Bf juice	Pasta
Bread	Pastry
Breakfast bar	Pie
Cake	Pizza
Candy	Poultry
Casserole	Powdered breakfast drink
Cereal	Pop
Cheese	Protein powder
Cereal bar	Protein supplement drink
Chicken	Pudding
Chinese food	Punch
Chips	Rice
Coffee	Salad
Cookie	Salad bar
Crackers	Salad dressing
Cream	Sandwich
Curry	Sauce
Dessert	Seafood
Dip	Seeds
Drink	Shake
Dumpling	Smoothie
Egg	Snack

Exhibit 6-10. Generic food names (continued)

<b>Generic Foods</b>	
Fast food biscuit	Soda
Fast food sandwich	Soft drink
Fish	Soup
Flavored drink	Spaghetti
Formula	Spread
Frozen breakfast	Stew
Fruit	Stir fry
Hamburger	Sugar substitute
Happy meal	Sushi
Hot Cereal	Syrup
Ice cream	Tea
Juice	Tempura
Kids meal	Vegetables
Liquor	Water
Meal Replacement bar	Wine
Meal replacement drink	Yogurt

**Abbreviations.** Abbreviations are used throughout the MFL and can be classified into 4 categories:

- **Food Names** such as “oj” for Orange juice;
- **Forms** of food such as “bbq” for Barbeque;
- **Brand names** such as “BK” for Burger King and “WWAT” for Weight Watchers; and
- **Descriptive terms** such as “ff” for Fat free and “bf” for Baby food.

The Table below contains a complete list of abbreviations. It is essential that you learn these abbreviations to ensure you match the reported foods with a food on the MFL. Keep in mind that these abbreviations are used everywhere possible. For example, the abbreviation “bbq” is used when an SP reports eating “barbeque” and also when an SP reports eating “bbq ribs” (barbecued ribs). Note that when searching for a food, you may enter either upper case or lower case. Upper case is used in the MFL to provide you with visual cues on the screen.

Exhibit 6-11. Table of abbreviations on MFL

<b>MFL Abbreviation</b>	<b>MFL Food</b>
1 milk	1% milk
2 milk	2% milk
Bf	Baby food
Bbq	Barbecue
BG	Budget Gourmet
BK	Burger King
BLT	Bacon, lettuce, and tomato sandwich
Din	Dinner fries
Ff	Fat free
frz	Frozen
GS	Girl Scout
HC	Healthy Choice
KFC	Kentucky Fried Chicken
LC	Lean Cuisine
lite	Light
LD	Little Debbie
lf	Low fat
oj	Orange juice
PB	Peanut butter sandwich
pbj sandwich	Peanut butter and jelly sandwich
red fat	Reduced fat
RR	Roy Rogers
SW	Snack Wells
TB	Taco Bell
TCBY	The Country’s Best Yogurt
WWAT	Weight Watchers
w	With

**Ethnic Foods.** There are many ethnic foods on the MFL, particularly Mexican and Chinese foods. The foods are listed below. You should familiarize yourself with these lists so that you can enter the ethnic food as it is reported. However, generic names of foods are also available.

Exhibit 6-12. Table of Mexican foods on MFL

<b>Mexican Foods</b>	
Asopao de gandules	Mexican Pozole soup
Bean burrito	Mexican rice
Bean enchilada	Mexican sopa seca dry noodle soup
Beef and bean burrito	Minestrone soup
Beef burrito	Mondongo soup
Beef enchilada	Pupusa
Beef fajita	Quesadilla
Beef flauta	Soft taco
Beef taco	Sopa Seca de Fideo
Beef tostada	Sopa caldo de Res
Breakfast burrito	Sopa caldo de pollo
Burrito	Sopa de Albondigas
Chalupa	Sopa de Fideo Aguada
Cheese burrito	Sopa de ajo
Cheese enchilada	Sopa de carne y fideos
Cheese quesadilla	Sopa de pescado
Chicken burrito	Sopa de platano
Chicken enchilada	Sopa de pollo con arroz
Chicken fajita	Sopa de tortilla
Chicken flauta	Sopa ranchera
Chicken taco	Sopa seca de arroz
Chicken tostada	Sopes
Chilaquile	Steak fajita
Chimichanga	Taco
Enchilada	Tamale
Fajita	Taquito
Flauta	Tostada
Gordita	Vegetable fajita
Menudo soup	

Exhibit 6-13. Table of Chinese foods on MFL

<b>Chinese Food</b>	
Almond chicken Chinese	Moo shi
Beef and broccoli Chinese	Moo shi pork
Beef fried rice	Nissin noodle soup
Beef lo mein	Orange beef Chinese
Beef w vegetables Chinese	Orange chicken Chinese
Cashew chicken	Pad thai noodles
Chicken chow mein	Pepper steak
Chicken fried rice	Pork fried rice
Chicken lo mein	Pork lo mein
Chicken teriyaki	Pork w vegetables Chinese
Chicken w broccoli Chinese	Pot sticker
Chicken w vegetables Chinese	Sesame beef
Chinese rice	Sesame chicken
Chinese string beans	Sesame pork
Chop suey	Shrimp fried rice
Chow mein	Shrimp lo mein
Crab Rangoon	Shrimp teriyaki
Dim sum	Shrimp toast
Double cooked pork	Shrimp w lobster sauce
Egg foo young	Shrimp w vegetables Chinese
Egg roll	Spring roll
Fried rice	Steak teriyaki
Garden roll	Stir fry
Garlic chicken Chinese	Summer roll
General Tsos	Sweet and sour beef
General Tsos chicken	Sweet and sour chicken
Hunan beef	Sweet and sour pork
Hunan chicken	Sweet and sour shrimp
Hunan pork	Szechuan beef
Hunan shrimp	Szechuan chicken
Kung Pao	Szechuan pork
Kung Pao chicken	Szechuan shrimp
Lemon chicken Chinese	Tofu w vegetables Chinese
Lo mein	Vegetable fried rice
Lumpia	Vegetarian egg roll
Miso soup	Vegetable lo mein
Moo goo gai pan	Wonton

The MFL also includes a number of other ethnic foods such as Indian and Vietnamese foods. If you cannot find the food the respondent reports in the MFL, you can enter the ethnicity, such as ‘Indian,’ ‘Chinese,’ and ‘Mexican’ and get a list of many of the foods common to those countries. If the food you are looking for does not come up right away, enter the generic version of the food (e.g., “soup,” “appetizer,” “beverage,” “casserole,” “vegetable”). If you do not know the generic version, enter the term “unknown food” (see below).

**Occasions/Places.** Popular eating occasions and places are listed on the MFL. If the respondent reports “appetizers” or a “fish fry” you may enter these terms on the Quick List and then ask about the specific foods when you collect the food details for that occasion.

Exhibit 6-14. Table of occasions, places, and generic foods on the MFL

<b>Occasions/Places/Generic Foods on the MFL</b>	
Appetizers	Hors d’oeuvres
Bar	Kid’s meal
Breakfast	Lunch
Buffet	Mexican food
Chinese food	Mistic
Church supper	Salad bar
Cocktail party	School breakfast
Dessert	School lunch
Dinner	Snack
Drink	Snapple
Fasting	Spread
Fish fry	Unknown food
Happy meal	Unknown meal

**Unknown Foods/Fasting.** When a respondent reports a food that is not on the MFL or is unfamiliar to you or to the respondent, and therefore difficult to fit into a generic food, you can select the term “Unknown food” from the MFL and make a note in the comment field. Later in the interview the AMPM will bring up probes to help you identify the food and enter the descriptive information. Do not ask the respondent to describe the food at the QL pass.

The MFL contains the term “fasting.” If SPs report that they fasted on the recall day, enter “Fasting” on the QL. Procedures for completing an interview for a fasting SP are discussed in Chapter 8. A copy of the MFL can be found in Appendix A.

#### 6.4.2 Leaving the Quick List (QL) Pass

There are several steps you must follow before leaving the QL pass. First, once you have listed all the foods the respondent remembers, ask the “Anything Else?” probe. If the respondent reports any foods, list them on the next available line on the RFL. While collecting the Quick List, you can remove mistakenly reported foods by typing “error” over the food name on the list or type over the incorrect food. Finally, on the last available line on the QL, type “XXX” and press ENTER twice to go to the next screen.

Exhibit 6-15. Leaving the QL pass

	Food Name	Comment	Time	Occasion/Occasion, OS
Food(3)	01			
Food(4)	McDonalds Big Mac			
Food(5)	McDonalds french fries			
Food(6)	Chocolate milkshake			
Food(7)	Hunan chicken Chinese			
Food(8)	Fried rice Chinese			
Food(9)	Fortune cookie			
Food(10)	Green tea			
Food(11)	XXX			

A maximum of 40 foods can be entered on the RFL. If more foods are reported, you will record them in the Remark Box (F6 function key). See Chapter 8 for details on recording 40+ foods.

## 6.5 Step 2: The Forgotten Foods List (FFL)

The Forgotten Foods List (FFL) is Step 2 of the instrument. It is comprised of seven probes: six of the probes ask about specific food groups and the seventh asks if the respondent remembers any other foods for the recalled day:

- **Beverages:** Coffee, tea, soft drinks, milk or juice
- **Other Drinks:** Beer, wine, cocktails, or other drinks
- **Sweets:** Cookies, candy, ice cream, or other sweets
- **Snacks:** Chips, crackers, popcorn, pretzels, nuts, or other snack foods
- **Fruits, Vegetables, Cheese:** Fruits, vegetables, or cheese
- **Breads:** Breads, rolls, or tortillas
- **Anything else**

Have the yellow page available and have the SP follow the text under **Frequently Forgotten Foods** as you read the probes for each category.

Exhibit 6-16. Forgotten Foods List (FFL)

Blaise Data Entry - C:\CSFII\_NHANES\Testing\Instruments\Intake

Edit Answer Navigate Options Help

Intake | Stated\_RFL |

John (32, F) 12.001.IN.01.005 (344) 889-2

Your answers are important, so we'd like this list to be as **complete** as possible. Please look at this card of foods people often forget. In addition to the foods you have already told me about, did you have any coffee, tea, soft drinks, milk, or juice?

1. YES  
 2. NO  
 3. HAD OTHER FOOD(S)

Label	Forgotten Foods
RECFFLInkSvevage	
RECFFLOtherDnk	
RECFFLSweets	
RECFFLSnacks	
RECFFLFruVegCheese	

Start Inbo... Micr... MEC... unit... Expl... Bla... 9:31 AM

For each group of foods, type “1” (Yes), “2” (No), or “3” (Had other food(s)). If you enter “1” for Yes, the AMPM will take you back to the RFL to enter the remembered food(s). If you enter “2” for No the AMPM will take you to the question about the next group of FFL foods. You will enter “3” when the respondent remembers a food that does not belong in the group of foods for which you are probing. For example, if a respondent remembers eating bread when you are asking about remembered sweets, do not wait to enter the remembered bread at the Bread probe. Type “3” and the AMPM will take you back to the RFL to enter the food.

Exhibit 6-17. FFL – Code all that apply (CATA) responses

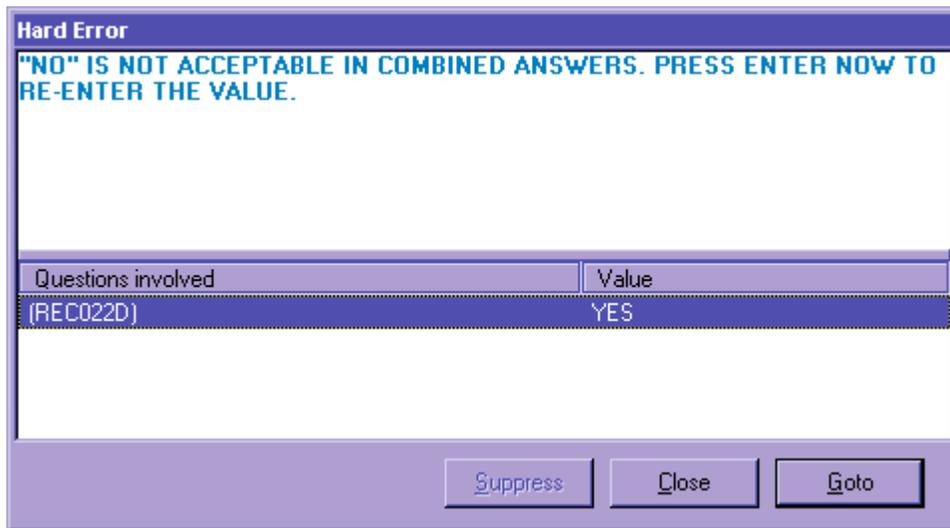
The screenshot shows the Blaise Data Entry software window titled "Blaise Data Entry - C:\Test-P2-Intake-Local\Instruments\INTAKE". The window has a menu bar with "Forms", "Answer", "Navigate", "Options", and "Help". Below the menu bar is a toolbar with various icons. The main content area displays the question: "Beer, wine, cocktails or other drinks?" followed by a red instruction: "[READ IF NEEDED: In addition to the foods you have already told me about, did you have any beer, wine, cocktails or other drinks?]" Below the question are three response options, each with a checkbox: "1. YES" (checked), "2. NO" (unchecked), and "3. HAD OTHER FOOD(S)" (checked). At the bottom of the window, there are two scrollable lists. The left list is titled "Forgotten Foods" and contains items: "RECFFLIntrBeverage" with a value of "2", "RECFFLIntrDnk" with a value of "1-3", "RECFFLSweets" with an empty box, and "RECFFLSnacks" with an empty box. The right list is titled "Measuring Guides" and contains items: "RECInstrucNearGuides" with a checked box, "RECInstrucOverGuides", "RECInstrucNoGuides", and "RECIntrFirstOcc".

Notice that on the screen, there are boxes to the left of the response items. This indicates that you may choose more than one answer. There may be times a respondent remembers more than one food at an FFL probe and the foods may be associated with different FFL probes. For example, if the respondent at the Beverage category probe remembers drinking one soda and eating some potato chips, you will select both “1” for the soda and “3” for the potato chips. You can select both answers by using the mouse to click on the boxes or by inserting a space (or dash) between 1 and 3 (1 3; 1-3).

Questions such as this one, where the respondent can give more than one answer, are called Code All That Apply (CATA) questions. The boxes next to the response items distinguish these questions as CATA questions. One-answer questions have circles next to the response options. CATA questions can also be displayed in three other ways. They will be discussed in more detail later in this chapter.

Even through this is a CATA question, not all of the answers can be combined. An answer cannot be both “1 and 2” (Yes and No). If you accidentally recorded “1-2,” you will see the Edit Message below and will need to correct your entry.

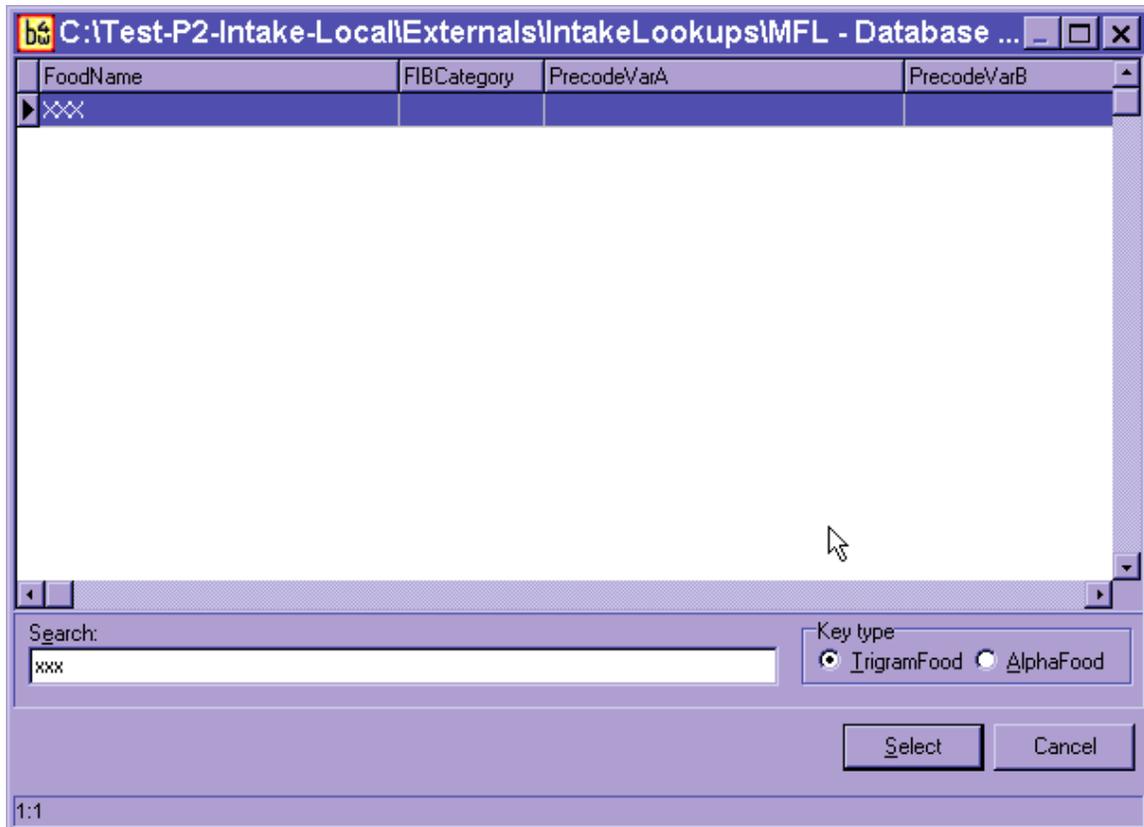
Exhibit 6-18. FFL – Edit messages for impossible answers



You will see Edit Messages throughout the AMPM Instrument. This particular message lets you know that the response items entered (Yes and No) are an impossible combination. As shown, a Hard Edit Message appears telling you that the response entered is invalid. It is called a “Hard” edit because entry of an impossible combination of responses is not permitted by the AMPM. When a Hard Edit Message comes up on the screen, you must re-enter the responses in order to continue with the interview. If you press ENTER when this message appears, the program will take you back to the question that needs to be changed. Edits are discussed in more detail later in this chapter.

When the SP remembers a food at one or more of the FFL probes, the program will take you back to the RFL to add the food(s). To leave the RFL screen, type “XXX” on the next available RFL line. Press ENTER twice and END to navigate to the next appropriate question. The steps are summarized below.

Exhibit 6-19. Type XXX to leave RFL



- (1) Enter food on RFL;
- (2) Ask “Anything Else?” probe (and enter new foods on the RFL);
- (3) Type “XXX” and press ENTER twice;
- (4) Press END.

Make sure the respondent understands that you are asking about foods in addition to the ones reported on the Quick List. Do not record duplicate foods. When you have finished reading the entire Forgotten Foods List, and recorded all remembered foods, the AMPM instrument will guide you to Step 3, the Time and Occasion Pass.

Exhibit 6-20. FFL – Anything else question

Blaise Data Entry - C:\Test-P2-Intake-Local\Instruments\INTAKE

Forms Answer Navigate Options Help

Intake Sorted\_RFL

Sample (23, F), E1.001.N.18.001 (301) 555-1212

Anything else?

[READ IF NEEDED: In addition to the foods you have already told me about, did you have anything else?]

1. YES

2. NO

REOFFLSweets 2

REOFFLSnacks 2

REOFFLFruit/Veg/Cheese 2

REOFFLBeard 2

REOFFLAnythingElse

REInstructNoGuides

RECMidstToRestDoo

After the last probe of the FFL, “Anything Else?,” you will see an Edit screen asking you to enter the time for the first reported food.

Exhibit 6-21. Edit screen to go to time and occasion pass

Hard Error

PLEASE CONFIRM OR COLLECT TIME AND OCCASION FOR ALL FOODS.

Questions involved	Value
(REC030)	
(RFL)	Bagel
(RFL)	XXX

Suppress Close Goto

You may press ENTER or use the mouse to activate the Goto button to go to Step 3 in the interview to collect the Time and Occasion for all foods on the RFL.

### 6.6 Step 3: The Time and Occasion Pass (T/O)

The Time and Occasion pass is Step 3 of the AMPM. It asks the respondent times and eating occasions for each of the food items recorded in the RFL. The cursor will appear on the first blank time or occasion field. Time and Occasion are asked for each food in the order that the respondent reported the foods on the Quick List (QL) pass. If you recorded time and/or occasion for any foods during the QL pass, you can confirm the information as you go through the list of foods. You do not have to ask the time and/or occasion again. Also, when you confirm a time, use terms such as “in the morning,” “in the afternoon,” or “in the evening” rather than always asking “was that AM or PM?” For example, you may say, “you said you had your toast at 7 in the morning, is that correct?” Press the ENTER key to move across the screen to the Occasion field.

Exhibit 6-22. Time question on RFL

The screenshot shows the Blaise Data Entry software interface. The window title is "Blaise Data Entry - C:\Test-P2-Intake-Local\Instruments\INTAKE". The menu bar includes "Enter", "Answer", "Navigate", "Options", and "Help". The toolbar contains various icons for navigation and editing. The main text area displays the question: "About what time did you begin to eat/drink the Toast?" followed by instructions: "[ENTER HOUR, MINUTE AND AM OR PM]" and "[IF SP IS NOT SURE OF TIME, ASK FOR BEST ESTIMATE. IF SP IS UNABLE TO ESTIMATE TIME, REFER TO HANDCARD]". Below the text area is a table with the following columns: "Food Name", "Comment", "Time", and "Occasion/Occasin DS". The table contains the following rows:

Food Name	Comment	Time	Occasion/Occasin DS
Food(1) Toast	toast cheese		
Food(2) OJ			
Food(3) Mc Donalds Big Mac			
Food(4) Mc Donalds french fries			
Food(5) Mc Donalds milkshake			
Food(6) Franches Mexican			
Food(7) Ban			
Food(8) Fajitas			
Food(9) Tortilla chips	tata		

As shown in the above example, the cursor will be in the first time field. For this case it is in the Time field for toast.

In rare instances the respondent may report all of the time and occasion information during the QL or FFL. If this occurs, the AMPM will move the time for the first food on the RFL to the comments field (Comments) and the cursor will be in the Time field. You must reenter the time for the first food to continue with the interview. Then confirm the occasion for the first food and the time and occasion for the other foods on the QL.

**The Time Question** asks the respondent about what time she began to eat/drink the food. Type “a” or “p” for AM or PM. If you do not enter “a” or “p” then the AMPM program will default all times to AM. If the respondent reports in a whole hour, such as “6:00” you can enter “6.” If the respondent reports in hour and minutes you need not enter a colon (except for the 12 o’clock hour).

Exhibit 6-23. Enter time on RFL

The screenshot shows the 'Blaise Data Entry' application window. The title bar indicates the file path: 'C:\Test-P2-Intake-Loca\Instruments\INTAKE'. The menu bar includes 'Forms', 'Answer', 'Navigate', 'Options', and 'Help'. Below the menu is a toolbar with various icons. The main window is titled 'Intake | Sorted\_RFL |'. It displays sample information: 'Sample (23, F), E1.001.IN.18.001 (301) 555-1212'. The primary question is 'About what time did you begin to eat/drink the Toast?'. Below the question are instructions: '[ENTER HOUR, MINUTE AND AM OR PM]' and '[IF SP IS NOT SURE OF TIME, ASK FOR BEST ESTIMATE. IF SP IS UNABLE TO ESTIMATE TIME, REFER TO HANDCARD]'. At the bottom, there is a table with the following data:

	Food Name	Comment	Time	Occasion	Occasion_OS
Food[1]	Toast	cream cheese	6 1		
Food[2]	0				
Food[3]	McDonalds Big Mac				
Food[4]	McDonalds french fries				
Food[5]	McDonalds milkshake				
Food[6]	Nachos Mexican				
Food[7]	Beer				
Food[8]	Margarita				
Food[9]	Tortilla chips	salsa			

As shown in the example below, the interviewer entered “6” in the time field and the program displayed 6:00AM as the default.

Exhibit 6-24. Time defaults to AM

The screenshot shows the 'Blaise Data Entry' application window. The title bar reads 'Blaise Data Entry - C:\Test-P2-intake-Local\Instruments\INTAKE'. The menu bar includes 'Forms', 'Screen', 'Navigate', 'Options', and 'Help'. The toolbar contains various navigation icons. Below the toolbar, the text 'Intake | Sated\_PPL |' is visible. The main content area displays 'Sample (21.P) E1 001.01.10.001 (301) 595-1212' and asks 'What would you call this eating occasion?'. A blue instruction box states: '[THE FIRST TIME THE SP DOES NOT REPORT AN OCCASION THAT FITS AVAILABLE CATEGORIES, DIRECT TO THE YELLOW PAGE OF THE FOOD MODEL BOOKLET AND READ THE ENTIRE OCCASION LIST.]'. Below this are 19 radio button options for food categories, including Breakfast, Lunch, Dinner, Supper, Brunch, Snack, Drink, Feeding-infant only, Extended consumption, Desayuno, Almuerzo, Comida, Merienda, Cena, Entre comidas, Botana, Bocadillo, Tentempié, Bebida, and Other. At the bottom, a table lists food items with columns for Food Name, Comment, Time, and Occasion Occasion, 00. The 'Time' column for the first row (Toast) shows '6:00AM'.

Food Name	Comment	Time	Occasion Occasion, 00
Food[1]   Toast	cream cheese	6:00AM	
Food[2]   Qi			
Food[3]   McDonalds Big Mac			
Food[4]   McDonalds french fries			
Food[5]   McDonalds milkshake			
Food[6]   Nachos Mexican			
Food[7]   Beer			
Food[8]   Margarita			
Food[9]   Tortilla chips	salsa		

In this example, the interviewer typed “1” and “p” to enter “1:00PM”.

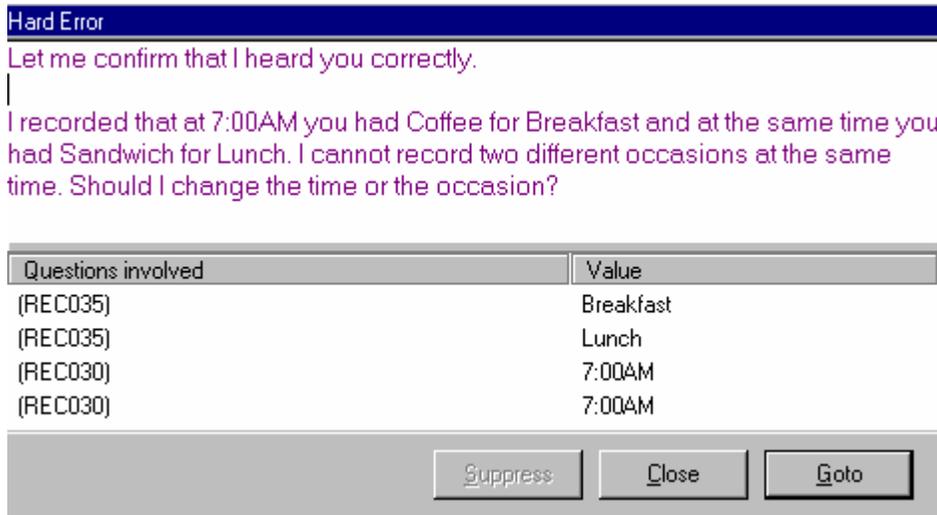
Exhibit 6-25. Enter “PM”

The screenshot shows the 'Blaise Data Entry' application window. The title bar reads 'Blaise Data Entry - C:\Test-P2-intake-Local\Instruments\INTAKE'. The menu bar includes 'Forms', 'Screen', 'Navigate', 'Options', and 'Help'. The toolbar contains various navigation icons. Below the toolbar, the text 'Intake | Sated\_PPL |' is visible. The main content area displays 'Sample (21.P) E1 001.01.10.001 (301) 595-1212' and asks 'About what time did you begin to eat/drink the McDonalds Big Mac?'. A blue instruction box states: '[ENTER HOUR, MINUTE AND AM OR PM] [IF SP IS NOT SURE OF TIME, ASK FOR BEST ESTIMATE. IF SP IS UNABLE TO ESTIMATE TIME, REFER TO HANDBOOK]'. Below this are 19 radio button options for food categories. At the bottom, a table lists food items with columns for Food Name, Comment, Time, and Occasion Occasion, 00. The 'Time' column for the first row (Toast) shows '1:00PM'.

Food Name	Comment	Time	Occasion Occasion, 00
Food[1]   Toast	cream cheese	1:00PM	1
Food[2]   Qi			
Food[3]   McDonalds Big Mac			
Food[4]   McDonalds french fries			
Food[5]   McDonalds milkshake			
Food[6]   Nachos Mexican			
Food[7]   Beer			
Food[8]   Margarita			
Food[9]   Tortilla chips	salsa		

If respondents report different meals at the same time, you will see a hard edit, as shown below. You will read the text, which informs the respondent of the discrepancy and asks whether the time or the occasion should be changed. You will also see an edit if you enter the same occasion 12 hours apart. For example, if you enter breakfast at 7 a.m. and breakfast at 7 p.m., the program will alert you to make sure your entry is correct.

Exhibit 6-26. Hard edit when entering different meals at same time



If respondents don't know the exact time the eating occasion began, you must probe for an approximate time. If they cannot provide an approximate time, you will enter a default time for the occasion reported. As a reference, you will be provided a handcard containing a list of the default times for each reported occasion. Do not state the time during the details pass, but say the occasion.

Exhibit 6-27. Default times when SP doesn't know the time

Default Times	
Breakfast	8:00AM
Morning Snack	10:00AM
Lunch	12:00PM
Afternoon Snack	3:00PM
Dinner	6:00PM
Evening Snack	9:00PM

**The Occasion Question** asks the respondent to name the eating occasion at which each food was eaten or drunk. Refer to the respondent to the card that lists the occasions. Have the SP pick an occasion from the **Eating Occasions** list. If an SP seems uncertain about how to classify a one-food occasion such as a soda or a bag of pretzels, you can suggest a 'Drink' or a 'snack.' Do not assume that breakfast is the first meal of the day, lunch is second, and so on.

The response items for an eating occasion are listed on the screen below.

Exhibit 6-28. Eating occasion question on RFL

Food Name	Comment	Time	Occasion	Occasion, Q5
Food[1] Hot dog			<input type="checkbox"/>	
Food[2]				
Food[3]				
Food[4]				
Food[5]				
Food[6]				
Food[7]				
Food[8]				
Food[9]				

If the respondent reported the eating occasion while completing either the QL or the FFL pass, confirm the occasion you have already recorded in the Occasion column on the RFL screen.

Most of the occasions are self-explanatory; however, a few need further explanation.

- **Feeding-infant only** – This occasion should only be chosen for children under 2 years of age. Procedures for collecting information on infants are discussed in more detail in Chapter 8.
- **Extended consumption** – This occasion should only be chosen when an eating activity is virtually continuous without distinct periods of consumption, such as sipping cups of coffee from an 8-cup pot or drinking soda from a 2-liter bottle throughout the day. Use this code very sparingly. SPs should be encouraged to report eating occasions at distinct times if they can. A rule of thumb for using Extended Consumption is that the respondent is (1) unable to recall the times a new cup or glass of liquid or handful or bowl of snack/cereal/etc. was started; and/or (2) they can more

easily recall the total amount consumed. For example, if an SP reported drinking coffee from her coffee pot all day and couldn't tell you how often or how much she drank in each cup she poured, but did know that she drank the whole 8-cup pot, record as Extended Consumption.

- Other, Specify** – If the respondent indicates that none of the occasions on the list describe the eating occasion, ask what they would call the occasion. As shown below, you will type “91” (Other, Specify) and type the response verbatim in the blank field under the Occasion OS column.

Exhibit 6-29. Eating occasion – Other specify

Blaise Data Entry - C:\Test-P2-Intake-Local\Instruments\INTAKE

Forms Answer Navigate Options Help

Intake | Sorted\_RFL

Sample (23, F), E1.001.IN.18.001 (301) 595-1212

What would you call this eating occasion?

[THE FIRST TIME THE SP DOES NOT REPORT AN OCCASION THAT FITS AVAILABLE CATEGORIES, DIRECT TO THE YELLOW PAGE OF THE FOOD MODEL BOOKLET AND READ THE ENTIRE OCCASION LIST.]

	Food Name	Comment	Time	Occasion	Occasion_OS
Food[1]	Toast	cream cheese	6:00AM	1	
Food[2]	Ci		6:00AM	1	
Food[3]	McDonalds Big Mac		1:00PM	2	
Food[4]	McDonalds french fries		1:00PM	2	
Food[5]	McDonalds milkshake		1:00PM	2	
Food[6]	Nachos Mexican		6:30PM	4	
Food[7]	Beer		6:30PM	4	
Food[8]	Margarita		8:15PM	91	<input type="text" value=""/>
Food[9]	Tortilla chips	salsa			

If the respondent remembers a food during the Time and Occasion pass, finish entering/confirming the times and occasions for all listed foods, and then put the cursor in the next available food field (FoodName column) and enter the remembered food(s). Remember to ask “Anything else?” You will ask the details about the foods in Step 4. If the respondent misreports a food during the time and occasion pass, type “error” over the food name on the RFL. The time and occasion will not be collected for any misreported foods.

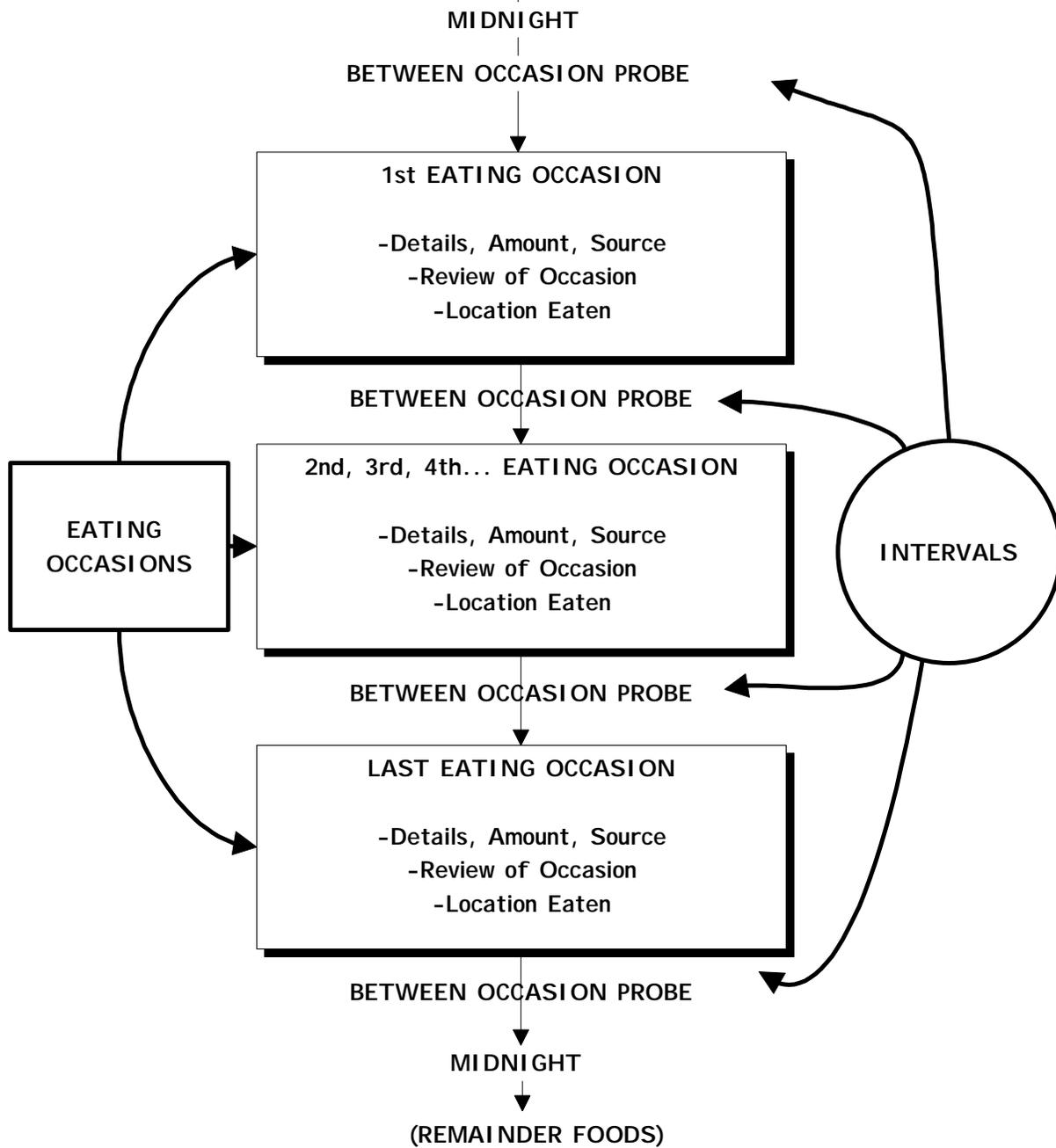
When you have finished the T/O pass, follow the steps below.

- |                                  |
|----------------------------------|
| (1) Press ENTER<br>(2) Press END |
|----------------------------------|

The AMPM program will sort the occasions (meals) in chronological order and will group them together for Step 4 of the Intake Interview.

Before you leave this section, it is very important that you check the foods and the times and occasions to make sure all the information is correct. For example, make sure you didn’t inadvertently enter “am” for a dinner occasion, or enter a generic food when the SP reported something more specific. This is your opportunity to make sure the information you collected is correct. It will make the entire interview go more smoothly.

Exhibit 6-30. Step 4. The Detail and Review Cycle



## 6.7 Step 4: The Detail and Review Cycle (DRC)

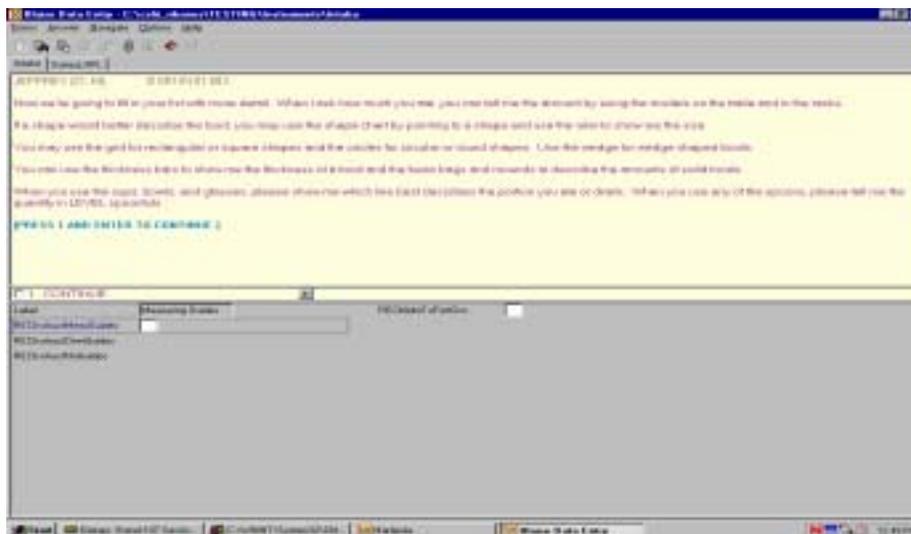
The Detail and Review Cycle (DRC) is Step 4 of the instrument. All the food detail and amount information for all foods listed on the RFL will be collected in this step. The AMPM organizes the foods so that they can be collected in the order the SP ate them (rather than the order the respondent remembered and reported them).

As show in the flowchart on the opposite page, the DRC flows in chronological order, beginning with the interval between midnight and the first occasion, and ending with the period between the last occasion and midnight. In between are eating occasions represented by the boxes. Probes for collecting the details and amounts eaten of each food are located in food categories. For each reported food the program accesses the appropriate food category.

### 6.7.1 Measuring Guide Instructions Screen

The first screen introduces the respondent to the measuring guides. Read the script then enter '1' and continue.

Exhibit 6-31. Measuring guide instructions screen



## 6.7.2 Midnight to First Occasion Probe

This probe covers the time period between midnight and the SP's first eating occasion for the recalled day. This is the first of several between interval probes. Between interval probes ask about the time periods in-between the eating occasions the SP has reported.

Exhibit 6-32. Midnight to first occasion probe

The screenshot shows a software window titled "Blaise Data Entry - C:\Test-P2-Intake-Local\Instruments\INTAKE". The window has a menu bar with "Forms", "Answer", "Navigate", "Options", and "Help". Below the menu bar is a toolbar with various icons. The main area of the window displays the following text:

Sample (23, F), E1.001.IN.18.001 (301) 555-1212

First, did you have anything to eat or drink between midnight yesterday and your 6:00 AM breakfast?

Below the question are two radio button options:

1. YES  
 2. NO

At the bottom of the window is a data entry table with two columns: "Forgotten Foods" and "Measuring Guides".

label	Forgotten Foods	Label	Measuring Guides
RECFFLUnktoBeverage	2	RECInstructHeatGuides	1
RECFFLOtherDvk	1-3	RECInstructOvenGuides	
RECFFLSweets	2	RECInstructNoGuides	
RECFFLSnacks	2	RECMidnightToFirstOcc	

A "CONTINUE" button is located to the right of the "Measuring Guides" column.

Note that the probe is prefilled with the time and eating occasion (6AM Breakfast). If the occasion had only one food, for example "toast," the probe would read:

"First, did you have anything to eat or drink between midnight yesterday and your 6AM toast?"

If the respondent remembers some foods in response to this probe, enter “1” for “YES.” The AMPM will take you back to the RFL screen where you will enter the food names on the next available line in the FoodName Column. The program will take you through the details for this food later in this step.

Then ask “Anything else?” and record any other foods. Collect or confirm the Time and Occasion for the new food(s). After recording time and occasion for each food, follow the steps below.

- |   |
|---|
| <ol style="list-style-type: none"><li>(1) Ask anything else?</li><li>(2) Type “XXX” and press ENTER twice; and</li><li>(3) Press END.</li></ol> |
|---|

If the remembered foods were eaten during the period you are probing for, the program will bring up the details and amounts probes at this time. If they were eaten at a later time, the program will guide you to the details later in the interview.

### **6.7.3 Collecting Details and Amounts**

You will collect details on two types of foods: primary foods and additions to primary foods. Primary foods refer to the original or “main” food that was repeated. Additions refer to foods that were added to the primary food. If the respondent remembers a primary food at any time while you are collecting the food details, you may return to the RFL by pressing “F10” and typing “RFL” in the tag box.

Exhibit 6-33. Type “F10” in box to go to RFL



If a respondent remembers an addition to a food you will go back to the primary food and add the addition. Procedures for adding a remembered addition are detailed in Section 8.10.

### 6.7.3.1 Sequence of Screens

The screen shown below is called the Continue/Redo screen. It begins the sequence of collecting details and amounts. Notice the food header at the top of the question pane. It includes the time, occasion, and food name.

Notice that there are two possible responses for this screen: “1” for “Continue” and “2” for “Redo.” If this is the first time you have been presented with this screen, say something like, “You said you had toast at 6AM” and press “1” for “Continue.” If you have completed the details for this food but need to make a change to a response, press “2” for “Redo.” **You will only need to choose ‘Redo’ to change an answer if you have left that Food Category (that is, answered the Source question at the end of the Food Category).** The program will take you back into the Food Category to change the response items.



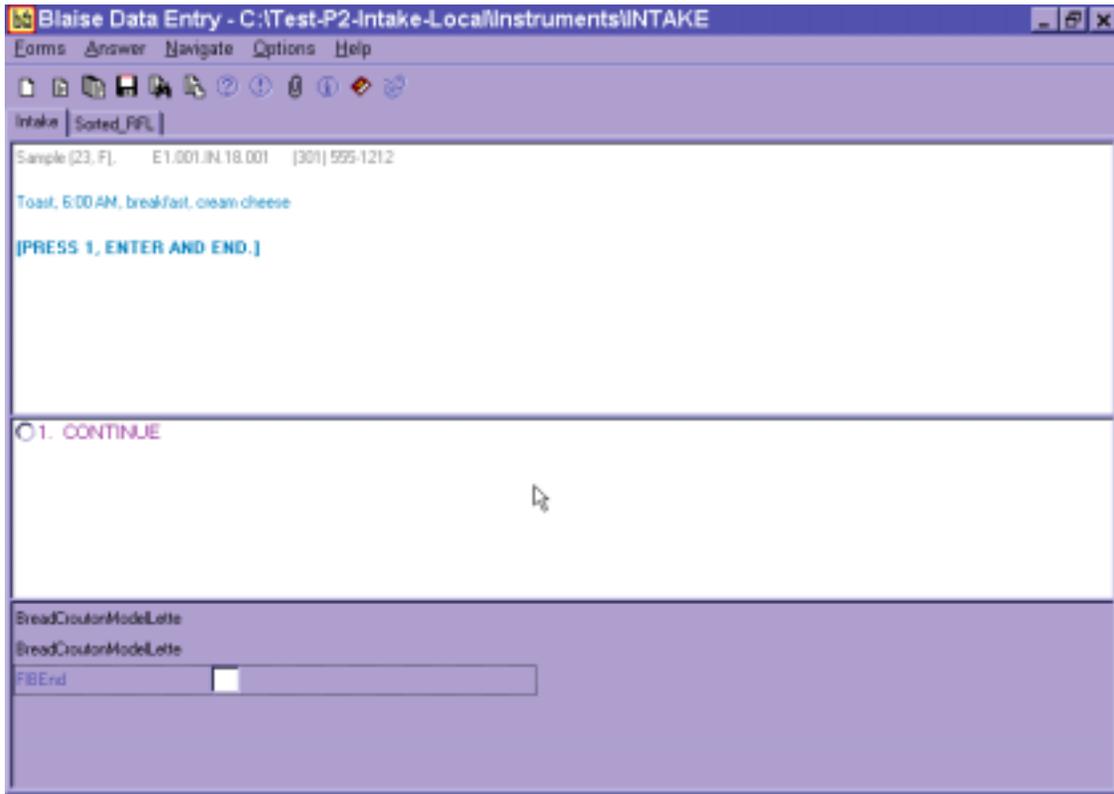
There are four response items listed on this screen that represent the status of the food. The definitions of the status codes are as follows:

1. **Include in intake:** Select for all foods that are to be included in the dietary recall.
2. **Misreported:** Select for foods that a respondent reported but later remembered he did not eat. If you enter this code, the AMPM will take you to the next reported food.
3. **Needs data retrieval:** Select for a meal when a respondent cannot report all foods. This code can only be selected for children less than 12 years old and adults who cannot report for themselves. You will return to this screen to change the code from “1” (“Include in intake”) to “3” (“Needs data retrieval”) after completing the Food category details. Data Retrieval procedures are discussed in Section 8.3.
4. **Same as:** Select for identical foods that a respondent reported earlier. Also use for identical foods that another SP in the same household already reported. You may only refer to intakes you previously collected. You will return to this screen to change the code from “1” (Include in intake”) to “4” (“Same as”). The procedures for collecting the necessary information are described in Section 8.8.

When you enter “1” for “Include in intake,” the AMPM will take you to the food probes for that food. By choosing the “Redo” option on the Continue/Redo screen, you can return to this screen at any time to change the answer (i.e., “misreport,” “needs DR,” or “Same as”).

After you collect the food details and amount information for a particular food in the food category, the screen shown below will appear. This signifies that you have completed the food probes.

Exhibit 6-36. Category end screen



Notice that the interviewer instructions tell you to select 1-ENTER-END to continue. This navigation will take you to the next appropriate question.

### 6.7.3.2 Food Category Details

There are 131 food categories in this instrument. With the exception of fasting and breast milk (which is discussed in Chapter 8), all foods on the MFL are linked to a food category. The AMPM program allows you to access some categories more than others. You can enter most 5 times but some, such as coffee or condiments and sauces, can be entered 10 times. In the rare instance when a food is reported more frequently than allowed, an edit message will appear. See Chapter 8 for a list of food

categories than can be entered 10 times, and for more details on the procedures to follow when you are denied access to a category.

**Types of Food Categories.** The food categories can be divided into four groups:

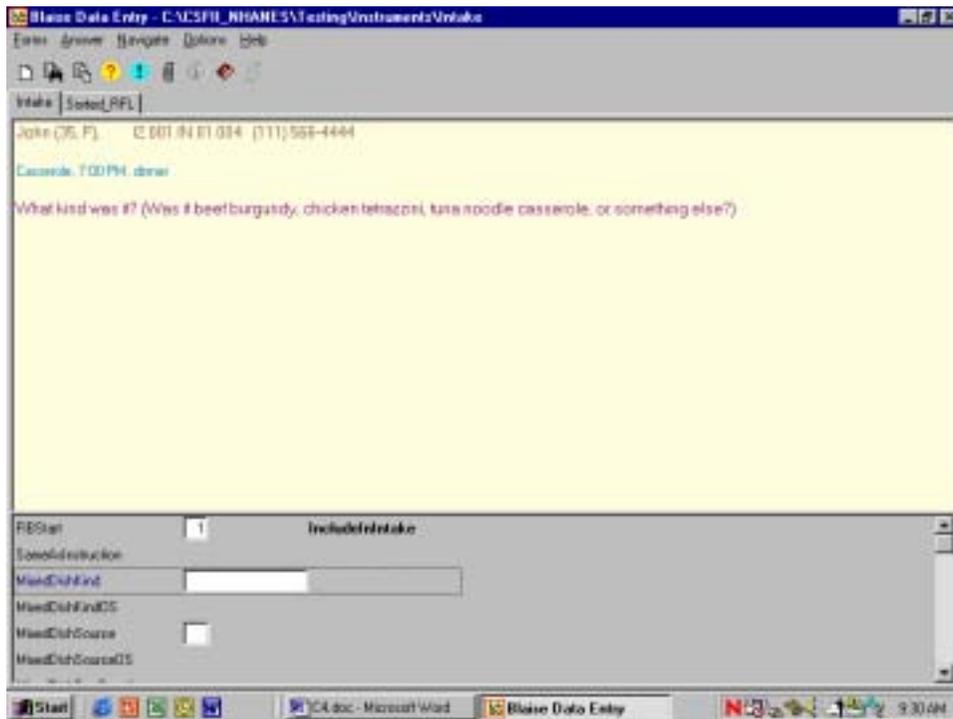
- **Group 1** – Includes the simple categories that ask a few detail questions and the amount eaten. More detail is not needed to code the food. Examples are MIL (Milk), FRU (Fruit), or BIS (Biscuit).
- **Group 2** – Has more complex categories that collect details on ingredients or preparation that describe the food. Examples include POU (poultry), STW (stew) or MXD (mixed dish).
- **Group 3** – Comprises categories that collect information on the amount of the reported ingredients. Examples are sandwiches, green salads, and hamburger on bun.
- **Group 4** – Contains a few categories that do not fit in the other groups. These are SOU (soup), which collects ingredients in a unique way; FMA (formula), BJU (baby juice), and JBF (jarred baby food), which ask about added foods as part of the food detail.

See Appendix B for a complete list of food categories sorted by group.

**Specific Probes.** Every food category contains specific probes for each food or group of foods. The probes are designed to collect detailed description about foods and beverages reported, and the amounts eaten. Each question is on a separate screen and the question names are displayed on the bottom half of the screen.

The first probe in many categories asks “What kind was it?” A follow-up probe is in parentheses. Ask the follow-up probe if the respondent hesitates, or doesn’t understand the first probe. Note that the follow-up probe ends in the words “or something else.” This probe is written in this way to allow the respondent to give responses other than the ones you read.

Exhibit 6-37. Specific probes



There are a number of common features about the food categories that will help you conduct a smooth and effortless interview. They are listed below:

- **KIND. “What kind was it?”** Often refers to the flavor or variety of a food such as juice (orange or and apple) or cheese (cheddar or Swiss). May also refer to a name of a food such as Chicken a la King or Cobb salad. This probe is ‘prefilled’ most often from the MFL.
- **BRAND. “What was the brand name?”** Refers to brand name of a product, including names of fast food places. Examples are Weight Watchers (WWAT), Little Debbie (LD), and McDonald’s (McD).
- **FAT USED. “Was any fat or oil used in cooking or preparing this food?”** Refers to any kind of fat being used in cooking or preparing a food.
- **FORM. Was it fresh, canned, frozen, dried, or something else?** Refers to a food’s form.

- **HOME RECIPE. Was it made from a home recipe?** This refers to foods that are made from scratch or from more than one ingredient and not from just a commercial mix.
- **PREP. Was it baked, broiled, fried, or something else?** Refers to how a food was cooked or prepared.
- **TYPE. Was it regular, diet, lowfat or something else?** Refers to fat, caloric, sugar, salt, and/or caffeine content.
- **INGREDIENTS. What were the ingredients?** Ingredients are components of foods. There are 23 food categories that may ask for ingredients:
  - Alcoholic mixed drinks\*
  - Baby food cereal
  - Breakfast bars
  - Hamburger on bun\*
  - Dips
  - Eggs (scrambled or omelet)
  - Jello
  - Gravy
  - Green salads\*
  - Hamburger Helpers
  - Hot dogs\*
  - Ice cream (sundaes)\*
  - Macaroni and cheese
  - Mexican foods\*
  - Milk shakes\*
  - Other Salads (not green salads)
  - Potatoes (mashed)
  - Rice (mixtures)
  - Sandwich categories\*
  - Soups
  - Stews
  - Stuffings
  - Trail and Snack Mixes

\*Some categories also ask for the amounts of the ingredients. These categories are starred above.

**Prefilled Responses.** The program will “prefill” the response for some of the probes based on what was reported on the QL pass. This reduces the burden on the respondent and the interviewer by limiting the number of questions that must be asked. For example, if the respondent reports a Big Mac for lunch, the AMPM will “prefill” all the food detail probes (fast food sandwich, brand, and sandwich name). All you have to ask is whether anything was added to the sandwich, as illustrated in the two screens below. See Appendix A for a complete list of the prefilled foods.

Exhibit 6-38. Prefilled responses—Screen 1

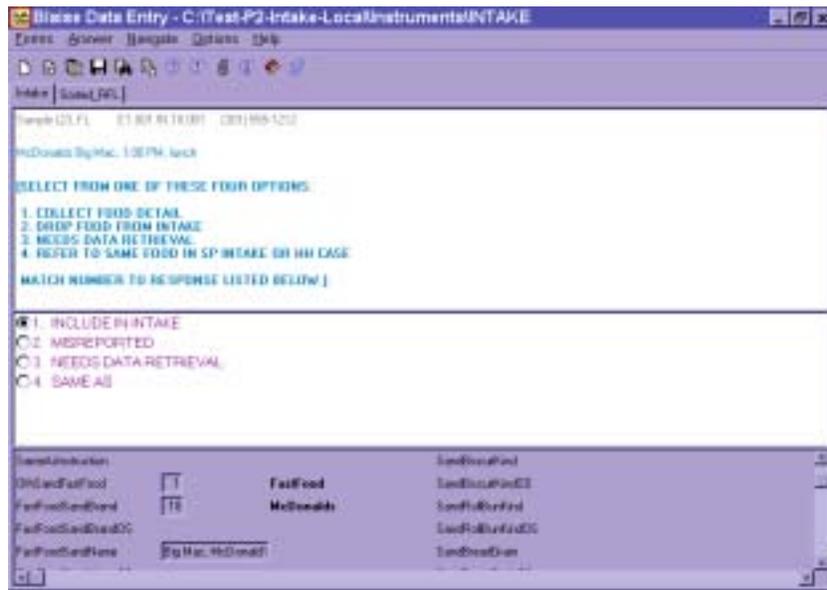
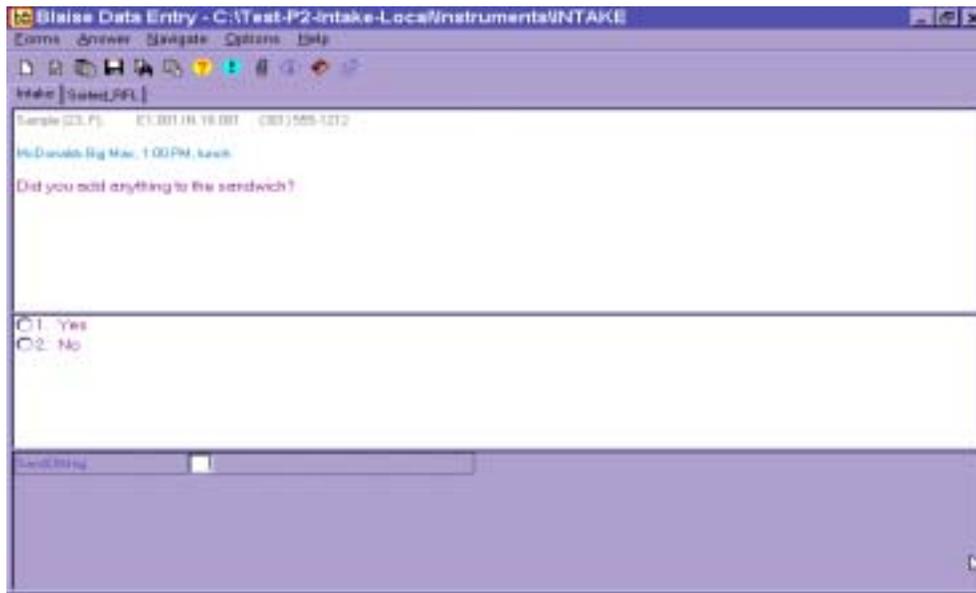


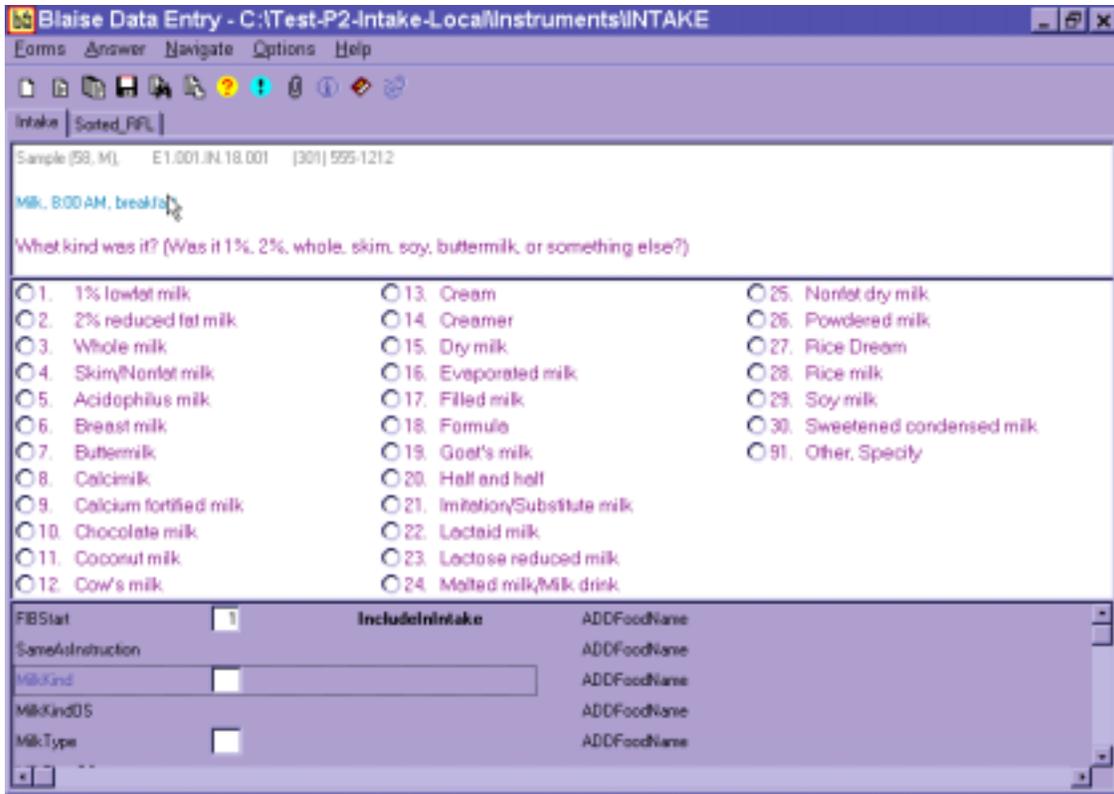
Exhibit 6-39. Prefilled responses—Screen 2



**How to Record Probe Responses.** You must record a response to every probe asked in the food categories. The response choice will be either listed on the screen or listed in a table called a Look-Up Table (LUT). Food probes that have too many response choices to fit on a screen will store the responses in LUTs. Almost all probes allow the response choice 'Other Specify.' This choice permits an open-ended response if none of the choices listed is reported by the respondent.

In most cases the response choices are listed in alphabetical order. However, there are some categories that list response items in an order that we think will make more sense to you than alphabetical order. As in the example below, when probes ask for the kind of milk drunk or used in a recipe, it makes sense to choose “1%” and 2%” by selecting “1” or “2”. See screen example below.

Exhibit 6-40. Response items



Unit response items are typically grouped in like units such as volume, weight, general units, and food models; and listed in ascending order of volume or size. Details on recording unit responses are described in Section 6.7.3.4.

You must enter a response item code or record the respondent's answer in one of six ways listed below.

1. **Choose one response from the numbered list.** Enter the response item number or use the mouse to click on one response item.

Exhibit 6-41. Number list responses

Blaise Data Entry - C:\CSFB\_MHANTS\Testing\Instruments\Intake

Form: [Printer](#) [Navigate](#) [Colors](#) [Help](#)

Intake | [Save](#) [RFL](#)

John (34 F.) 12.001 IN.01.004 (222) 777-9907

Bread, 7:00AM, breakfast

Was it commercial or made from a home recipe?

[SELECT "Commercial" FOR RESTAURANT, BAKERY, COFFEE SHOP, ETC.]

1. Commercial

2. Home recipe

BreadKind	Wheat bread	ACDFoodName
BreadKindOS		
BreadGran		
BreadGranOS		
BreadSource		
BreadPivOS		

Start | [Internet](#) | [Blaise...](#) | [Docu...](#) | [Harp...](#) | [FE...](#) | [ON](#) | 1:40 PM

2. **Choose one response from Look-Up Tables.** When there are too many response items to fit on a screen, a Look-up Table (LUT) is used to hold the responses. You will know when a food probe contains a LUT because there will be no response items to choose from on the screen. LUTs are used for both single response and multiple response probes. Searching for a food on the LUT is the same as the trigram searching discussed in the MFL section (6.4.1). The LUT shown below will appear when you enter a response to the kind probe for bread.

Exhibit 6-42. Look-up Table (LUT) responses

Description	Column1	FoodCode	Display
Wheat bread	BRE035		wheat bread
Wheat bran bread	BRE035		wheat bran bread
Wheat germ bread	BRE035		wheat germ bread
Wheatberry bread	BRE035		wheatberry bread
Honey wheat bread	BRE035		honey wheat bread
Pita bread, wheat	BRE500		wheat pita bread
Whole wheat bread	BRE035		whole wheat bread
Cracked wheat bread	BRE035		cracked wheat bread
Crushed wheat bread	BRE035		crushed wheat bread
Sprouted wheat bread	BRE035		sprouted wheat bread
100% whole wheat bread	BRE035		100% whole wheat bread
Pita bread, whole wheat	BRE500		whole wheat pita bread
Wheat with raisin bread	BRE035		wheat with raisin bread
Pita bread, cracked wheat	BRE500		cracked wheat pita bread
Wheat bran with raisin bread	BRE035		wheat bran with raisin bread
Whole wheat with raisin bread	BRE035		whole wheat with raisin bread
White with whole wheat swirl bread	BRE035		white with whole wheat swirl bread

Search:  Key type:  IrigramFood  AlphaFood

As in the MFL trigram search, the search finds the foods that best match the search term, in this case “wheat bread”. You cannot use the abbreviations on the MFL to search the Look-Up tables. Once the food is highlighted on the search screen, press ENTER to select the food.

Probes that commonly, but not always, have response items in LUTs include: KIND, TYPE, and INGREDIENTS.

3. **Choose multiple responses – Code all that apply (CATA).** Some probes can have more than one answer. This is called a Code All That Apply or CATA. Food probes that are commonly, but not always, CATA’s include: TYPE, FAT, and INGREDIENTS.

There are 3 different ways of entering CATA responses, depending on the information requested.

- **Table format** – A table format allows you to enter multiple responses to a question in separate fields. Responses are selected from an enumerated list or a LUT. Generally, when you see a table format follow-up information is required about the responses (i.e., amount or type). However, CATA responses chosen from a LUT will always be in a table format, even if they do not have a follow-up question. Generally you can enter 15 responses into the table. However, for ‘type’ questions the limit is 5, and for lunchables the limit is 3.

The instruction “ENTER ALL THAT APPLY IN SEPARATE FIELDS” tells you that multiple responses are allowed for a question.

If a respondent reports more than one answer, enter the response in the field and continue adding responses in additional blank fields until the SP finishes reporting responses. Then press ENTER on the blank line, and the program will go to the next detail probe.

You will type in the LUT responses one-by-one and list the enumerated responses by number.

Exhibit 6-43. Table format enumerated responses

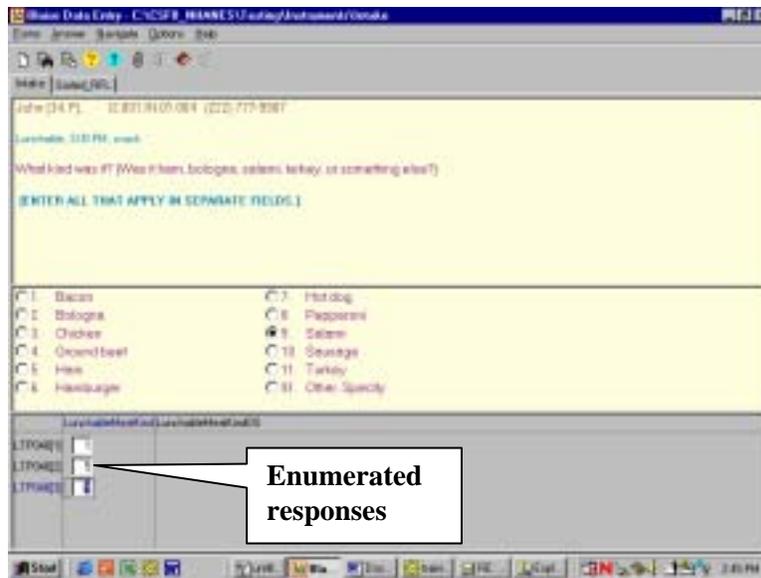


Exhibit 6-44. Table format LUT responses

The screenshot shows a data entry application window titled "Blaise Data Entry - N:\csf\it\CSF\NHANES\Testing\Instruments\Intake". The window contains a survey question: "Garden salad 4:00 PM, lunch. What were the ingredients in the garden salad? (Was there lettuce, tomato, carrots, avocado, cottage cheese, egg, turkey, or something else?)". Below the question are instructions: "[ENTER ALL THAT APPLY IN SEPARATE FIELDS.]" and "[NOTE: DETAILED DESCRIPTIONS NOT NEEDED. DO NOT INCLUDE 'Salad dressing' HERE (IT IS ASKED LATER).]". At the bottom of the window is a table with two columns: "Dressing" and "Dressing". The table contains five rows of LUT responses:

	Dressing	Dressing
GRS04Q1	Lettuce	
GRS04Q2	Carrots	
GRS04Q3		
GRS04Q4		
GRS04Q5		

A callout box labeled "LUT responses" points to the table.

- **Enumerated list** – CATA enumerated responses that require no follow-up questions are entered into a single response field and are separated by a dash. These response choices have a square button to the left of the responses. An example of a food probe with CATA responses from an enumerated list is shown below. All answers go in one field.

Exhibit 6-45. Enumerated responses

The screenshot shows a window titled "Blaise Data Entry - C:\Test-P2-Intake-Local\Instruments\INTAKE". The menu bar includes "Forms", "Answer", "Navigate", "Options", and "Help". Below the menu is a toolbar with various icons. The main area displays the following text:

Intake | Sorted\_RFL |

Sample (23, F), E1.001.IN.18.001 (301) 595-1212

Sour cream, 6:30 PM, supper, (addition to Nachos Mexican)

What kind of sour cream was it? (Was it regular, reduced fat, light, fat free, or something else?)

Below the question is a list of 13 response options, each with a square checkbox:

- 1. Dip
- 2. Fat Free/Nonfat
- 3. Half and Half
- 4. Imitation (Dressing)
- 5. Imo
- 6. King Sour
- 7. Light
- 8. L...
- 9. R...
- 10. R...
- 11. T...
- 12. Z...
- 13. Zest
- 91. Other, Specify

A callout box with the text "Enumerated responses" points to the list of options. At the bottom of the window, there is a data entry section with the following fields:

FIBStat: 1

Inst: Intake

SameAsInstruction: [ ]

SourCreamKind: 789

SourCreamKindDS[1]: [ ]

SourCreamKindDS[2]: [ ]

SourCreamKindDS[3]: [ ]

- **Type in format** – For the soup category, CATA are answered by typing in the SPs' responses. Responses must be typed in verbatim, using the standard abbreviations listed in Appendix E.

Exhibit 6-46. Type in format responses

The screenshot shows a data entry interface with a yellow background for the main text area and a grey background for the bottom labels. The text in the yellow area includes: "John (25, M), 12.001.IN.01.002 (666) 723-3490", "Soup, 11:30 AM, lunch", and "What were the main ingredients?". Below this is a blue instruction: "[DETAILED DESCRIPTION AND AMOUNT NOT NEEDED. TYPE IN ALL MAIN INGREDIENTS USED.]". The grey area contains labels: "SoupTypeOS[4]", "SoupTypeOS[5]", "SoupBrand", "SoupBrandOS", and "SoupHRecMainIng" with a text box containing "es, beans, corn, pot".

John (25, M), 12.001.IN.01.002 (666) 723-3490

Soup, 11:30 AM, lunch

What were the main ingredients?

[DETAILED DESCRIPTION AND AMOUNT NOT NEEDED. TYPE IN ALL MAIN INGREDIENTS USED.]

SoupTypeOS[4]

SoupTypeOS[5]

SoupBrand

SoupBrandOS

SoupHRecMainIng es, beans, corn, pot

4. **Choose Refused (F7).** If the respondent will not provide the details of a food, select F7 for Refused to skip through the probes and continue with the interview. Use this key very sparingly and only when it is evident that the respondent cannot or will not provide the details

Exhibit 6-47. Refused response

The screenshot shows the Blaise Data Entry application window. The title bar reads "Blaise Data Entry - C:\Test-P2-Intake-Local\Instruments\INTAKE". The menu bar includes "Forms", "Answer", "Navigate", "Options", and "Help". Below the menu bar is a toolbar with various icons. The main window area displays the following text:

Intake | Sorted\_PFL |

Sample (23, F), E1.001.IN.18.001 [301] 595-1212

Nachos Mexican, 6:30 PM, supper

What kind of filling or topping did it have? (Was it beef, chicken, pork, cheese, bean or something else?)

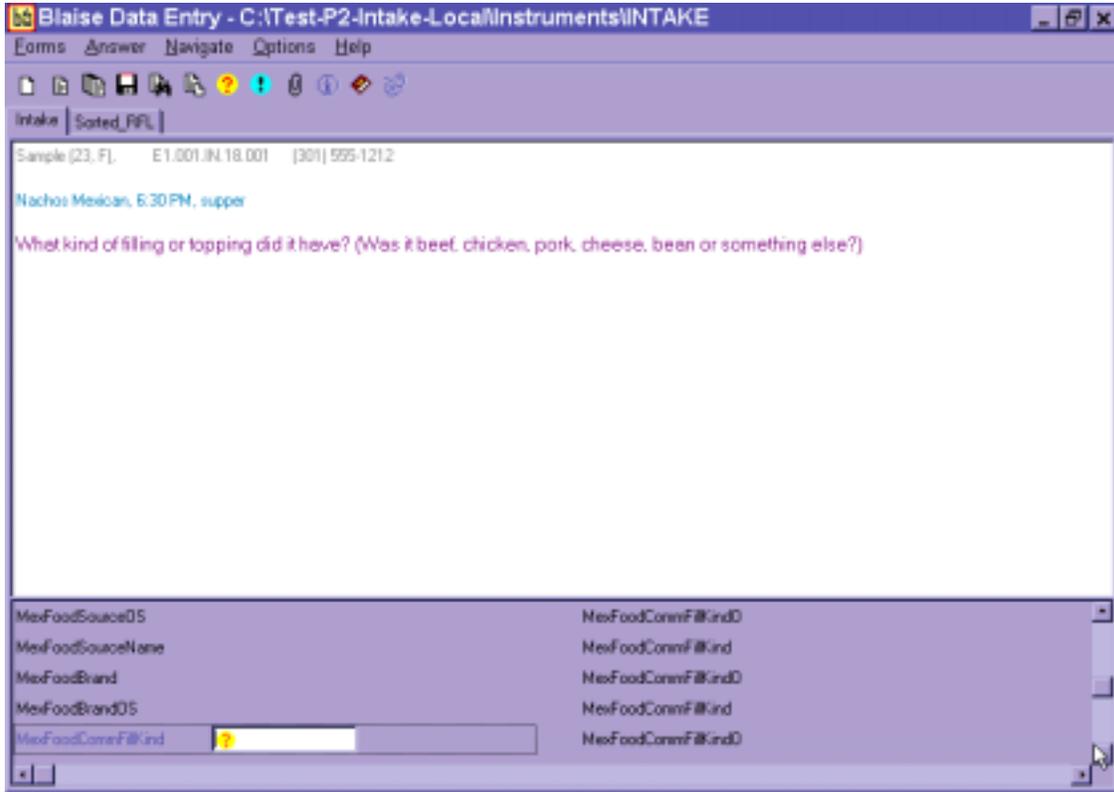
The bottom section of the window is a data entry grid with the following fields:

MexFoodSourceD5	MexFoodConnF@KindD
MexFoodSourceName	MexFoodConnF@Kind
MexFoodBrand	MexFoodConnF@KindD
MexFoodBrandD5	MexFoodConnF@Kind
MexFoodConnF@Kind	MexFoodConnF@KindD

The "MexFoodConnF@Kind" field is currently selected and contains a small green icon.

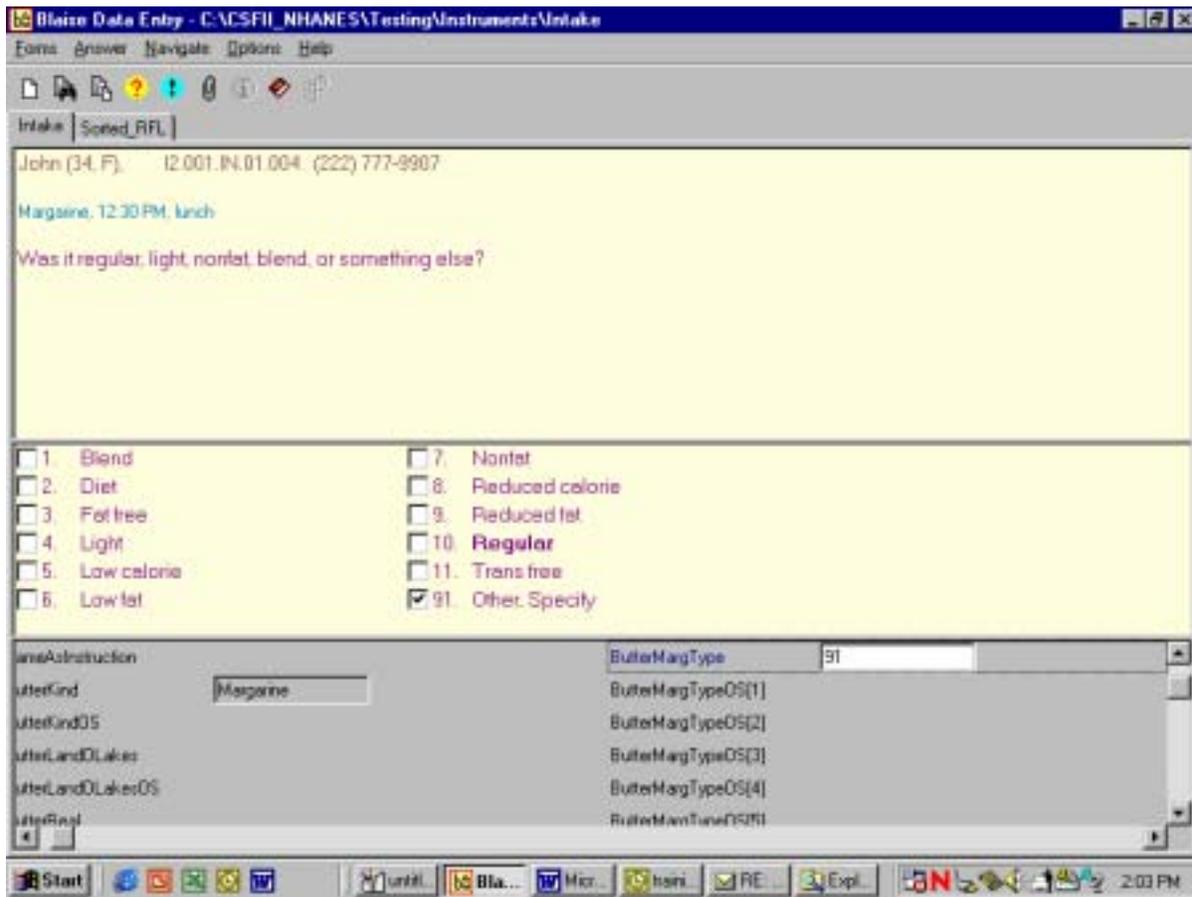
5. **Choose Don't Know (F8).** If the respondent does not know the answer, select F8 for a Don't Know response. DK is an acceptable answer.

Exhibit 6-48. Don't know responses



6. **Other, Specify (91 or OS)** – If the respondent’s answer is not listed as one of the possible response options, you can select “Other, Specify” (OS). The OS is included on an enumerated list or a LUT.
  - If Enumerated list – Enter “91” to select OS and type the answer in the text field that opens up in the answer pane portion of the screen.
  - If LUT – Type “OS” in a LUT and press Enter to access the text field and type in the answer.

Exhibit 6-49. Other specific response



**Linking Between Food Categories.** A total of 51 of the 131 food categories have links to other food categories to allow you to ask the correct food probes for a particular food. Some of the food categories only link to one other category, while others link to as many as 25 different categories. For example, if respondents report “coffee” on the QL but in the details cycle describe it as an alcoholic beverage such as “Irish coffee” or “Coffee Royale,” those two response items will link to the Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor category. Conversely, if respondents report a mixed dish on the QL but describe it in the food details cycle as a pot pie, jambalaya, baked beans, quiche, macaroni and cheese, or other specialty mixed dishes, the program will link those response items to new categories.

The screen shot below shows that the respondent reported ‘cereal’ on the Quick List pass. ‘Cereal’ links to the ready-to-eat cereal category. Because the respondent said the cereal was cooked, the program links to the cooked cereal category.

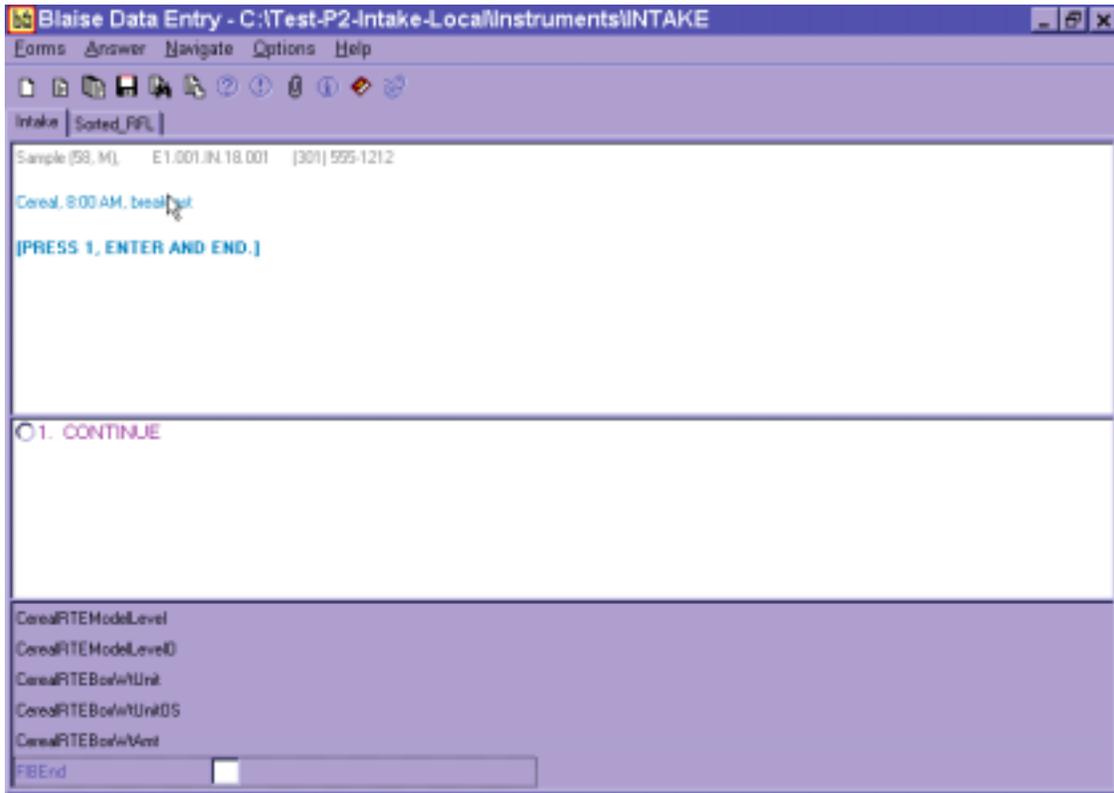
Exhibit 6-50. Linking between food categories—Screen 1, Original category

The screenshot shows a software window titled "Blaise Data Entry - C:\Test-P2-Intake-Loc\Instruments\INTAKE". The interface includes a menu bar with "Forms", "Answer", "Navigate", "Options", and "Help". Below the menu is a toolbar with various icons. The main content area displays "Intake | Sorted\_PFL" and "Sample (58, M), E1.001.IN.18.001 (301) 555-1212". A text entry field contains "Cereal, 8:00 AM, breakfast". Below this is a question: "Was the cereal cooked or ready-to-eat?". Three radio buttons are visible: "1. Cooked" (selected), "2. Ready-to-eat", and "91. Other, Specify". At the bottom, there is a table with columns for field names and values:

FIBStat	1	IncludeInIntake	ADDFoodName
SameAsInstruction			ADDFoodName
CerealRTEBrand	Total		ADDFoodName
CerealRTEBrand05			ADDFoodName
CerealRTEKind	1		ADDFoodName

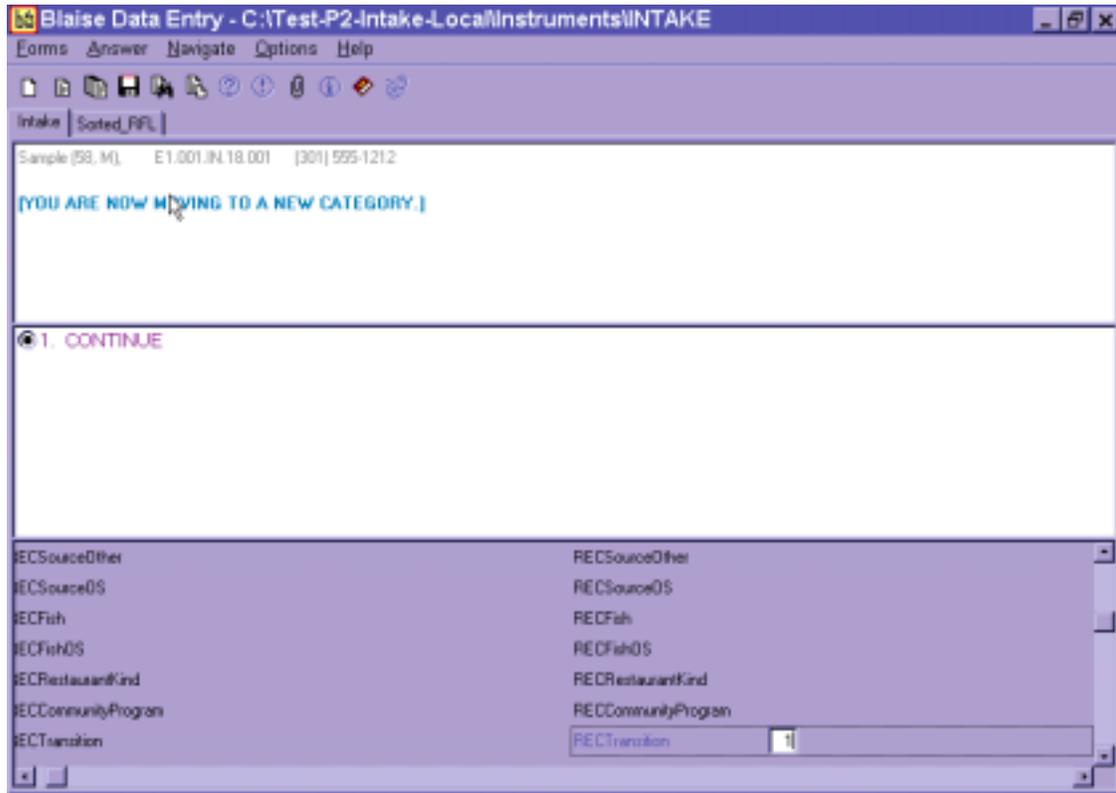
This screen appears when the program is leaving the ready-to-eat cereal category and linking to the cooked cereal category.

Exhibit 6-51. Linking between food categories—Screen 2, Finish original category



The next screen that appears is the Transition screen.

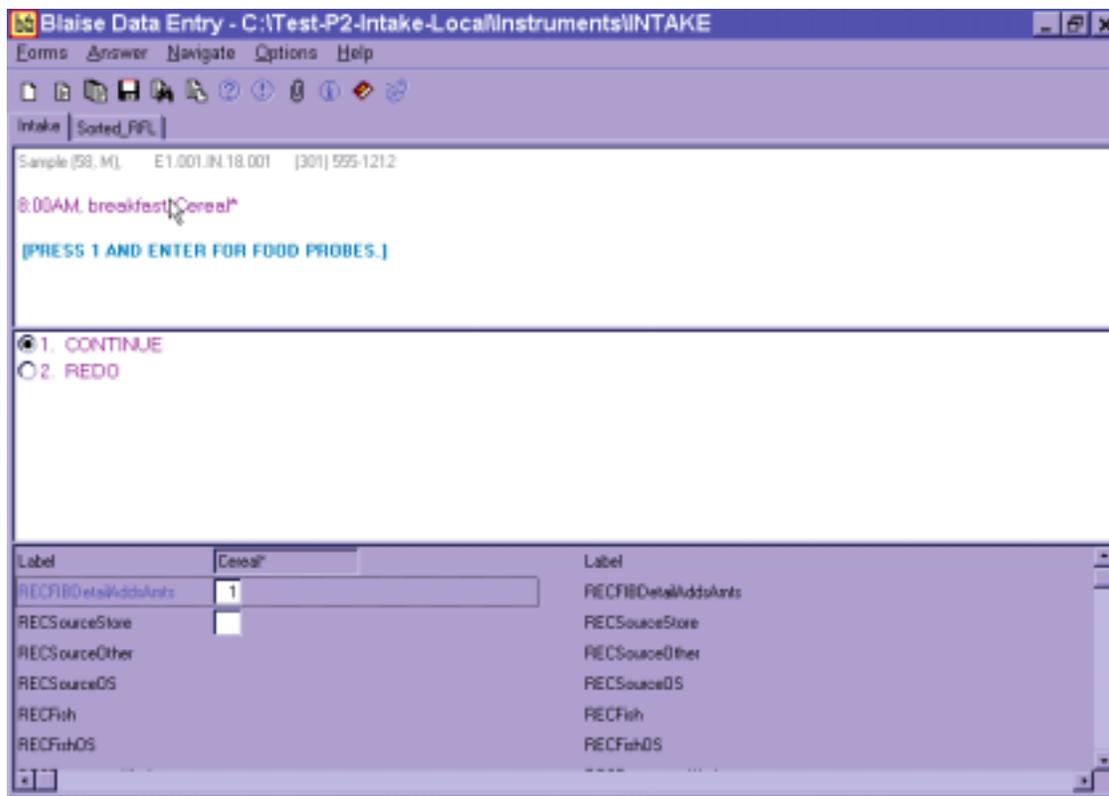
Exhibit 6-52. Linking between food categories—Screen 3, Transition screen



This screen lets you know that you are moving to another food category to collect the food details.

The next screen that appears is the Continue/Redo screen for the Cooked Cereal.

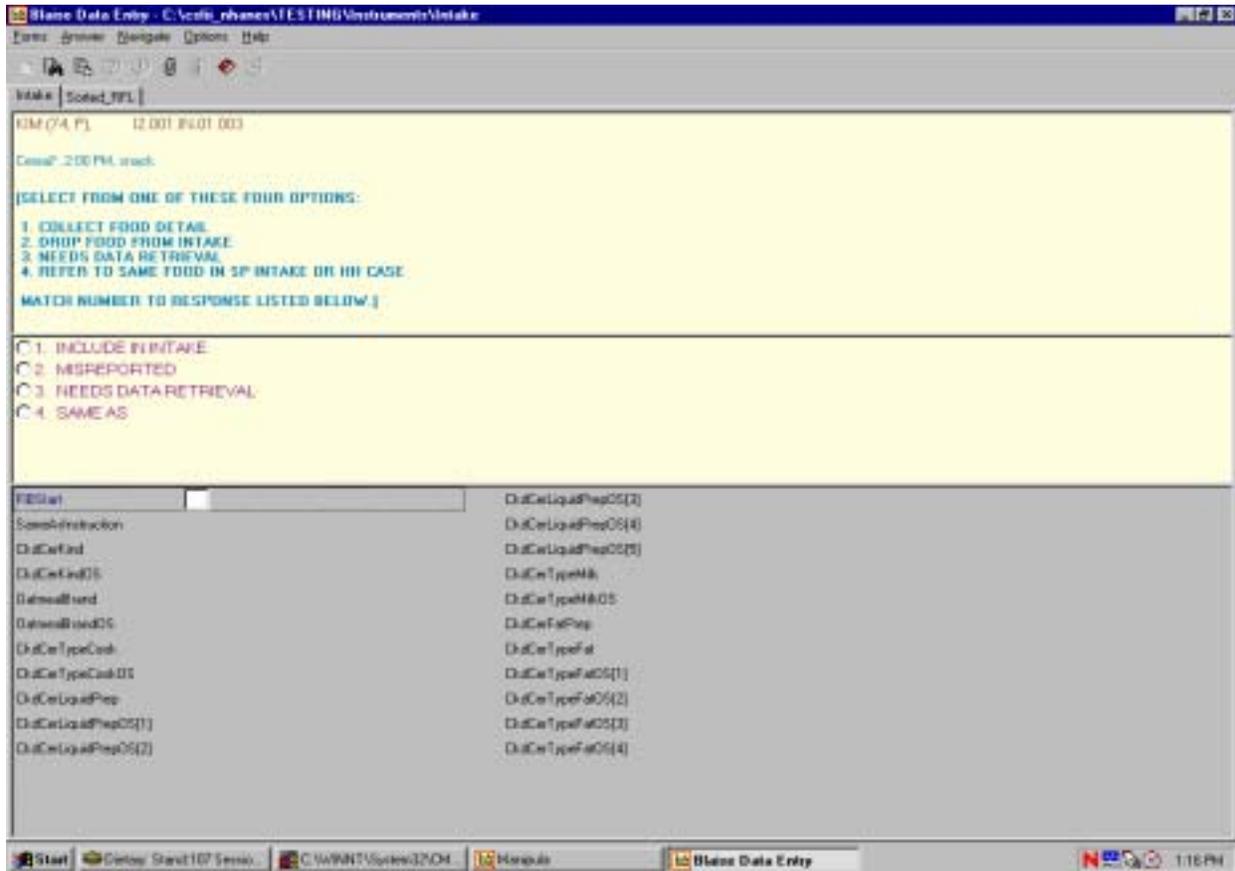
Exhibit 6-53. Linking between food categories—Screen 4, Continue/Redo new category



Notice that the food name is “cereal” rather than “cooked cereal.” This is because the Food Header Information comes from the information you entered on the RFL. However, there is an asterisk (\*) next to the food name and also an asterisk next to the food label.

Finally, you will see the beginning screen for Cooked Cereal.

Exhibit 6-54. Linking between food categories—Screen 5, New category



You will **never** have to decide to link to a Food Category. The AMPM program automatically links the categories.

The table below lists the 51 food categories that contain response items that link to other categories. The table also presents the number of response items within each category that link to other categories, and the number of new categories the original category links to. For example, the category **Barbecue, Sloppy Joe** contains one response item that links to one other category while the **Beef, Lamb, Veal, and Game Meats** category contains 43 response items that link to one other category. The **Bread (Not Sweet)** category, on the other hand, contains 9 response items that link to 4 other categories. A complete list of the response items that link to new categories can be found in Appendix B with the food category listing.

Exhibit 6-55. Table of categories that link to other categories

Category Name	# Response items that link to other Categories	# Categories responses items link to
Barbecue, Sloppy Joe	1	1
Bacon, Sausage, BLT Sandwiches	1	1
Biscuits	1	1
Beef, Lamb, Veal, Game Meats	43	1
Bread (Not Sweet)	9	4
Hamburger on Bun or Bread (not from fast food)	11	1
Cakes, Cupcakes, Snack Cakes	51	5
Ready-to-Eat Cereals	24	1
Cheese	3	2
Coffee, Specialty Coffees	2	1
Cream, Creamers, Whipped Toppings	1	1
Condiments, Sauce, Salsa	5	4
Dry Baby Cereal	1	1
Egg, Egg Salad Sandwiches	1	1
French Fries, Tater Tots	1	1
Fish, Shellfish	10	4
Flavored Milk Drinks	1	1
Fruits, Berries	7	5
Grilled Cheese and Cheese Sandwiches	2	2
Gravy	3	2
Green Salads	11	2
Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes	11	1

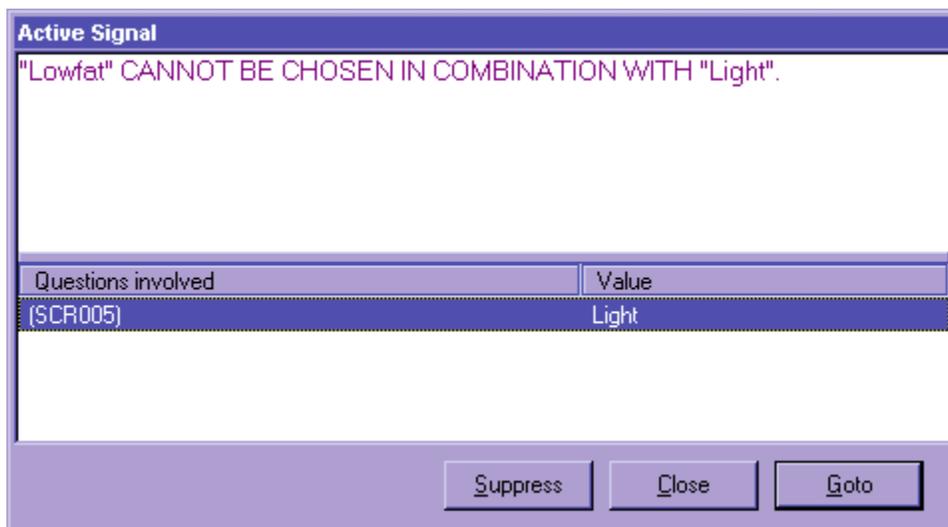
Exhibit 6-55. Table of categories that link to other categories (continued)

<b>Category Name</b>	<b># Response items that link to other Categories</b>	<b># Categories responses items link to</b>
Jarred (Not Dry) Baby Foods	1	1
Juices (100%), Drinks, Aides	5	3
Macaroni and Cheese	1	1
Salad Dressings, Mayonnaise	1	1
Milk	7	3
Meat Substitutes, Meat Alternates, Vegetarian and/or “Meatless” Versions of Meat, Poultry, or Fish Entrees	15	9
Mixed Dishes, Casseroles	60	25
Nuts, Seeds, and Mixtures of Nuts and Seeds	3	1
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	96	10
Other Salads	6	4
Pasta: Noodles, Macaroni	18	6
Peanut Butter Sandwich, Peanut Butter and Jelly Sandwich	1	1
Pies, Tarts	4	2
Ham or Pork	15	7
White Potatoes	5	3
Poultry	15	7
Popsicles, Ices, Frozen Fruit Bars, Sorbets, Slurpees, Smoothies	4	1
Rolls, Buns, Bagels, English Muffins	14	3
Rice	1	1
Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants	7	4
Shepherd’s Pie	1	1
Sodas, Pop, Soft Drinks	4	1
Soups	11	1
Spaghetti Sauce	3	3
Stews, Guisado, Goulash	7	4
Sugars	2	1
Tortillas, Taco Shells, Gordita Shells, Sope Shells, Chalupa Shells	2	2
Unknown Foods	441	121

**Edit Messages.** As discussed earlier, an Edit Message appears when you have entered a response that is illogical or out of range. Edits occur at the Time and Occasion probes and with certain food characteristics. The message identifies the problem and asks you to change it.

There are two kinds of edits: soft and hard. **Soft edits** ask you to confirm the answer that you just recorded. Soft edits allow you to leave the screen without changing the response if the respondent confirms that the answer was correct. To leave the screen you can either enter “ALT S” or use the mouse to select the “Suppress” button. If the answer recorded is incorrect, press ENTER to activate the “Goto” button which will move the cursor to the answer.

Exhibit 6-56. Edit messages



A **hard edit** message occurs when you enter a response that is not allowed. Unlike soft edits, you must change the answer before continuing with the interview. An example of a hard edit is illustrated on page 6-24.

### 6.7.3.3 Additions

An addition is any food that is added to the primary (original) food. Examples include butter, margarine, jelly, or peanut butter added to breads, milk and cream added to cereal, or coffee. Additions may be added by the SP or by someone else. For instance, butter is an addition to bread whether the SP butters it at the table **or** someone else butters it and puts it on the plate. You will collect descriptive and quantitative information about all additions.

Because respondents easily forget additions to foods, almost every food category asks the question “Did you add anything to the food?” If, after asking the additions question the respondent seems puzzled or asks for clarification, you should say “Did you put anything (on/in) the (FOOD) before you (ate/drank) it?” Following are procedures for collecting and recording additions.

First, type “1” (YES) to the question “Did you add anything to the food?”

Exhibit 6-57. Addition screen

Blaise Data Entry - C:\Test-P2-Intake-Local\Instruments\INTAKE

Forms Answer Navigate Options Help

Intake | Sorted\_PFL

Sample (SB, H): E1.001.IN.18.001 (301) 555-1212

Cereal, 8:00 AM, breakfast

Did you add anything to the food?

1. YES

2. NO

CldCerTypeFood[5]

CldCerReaButter

CldCerTypeCivco

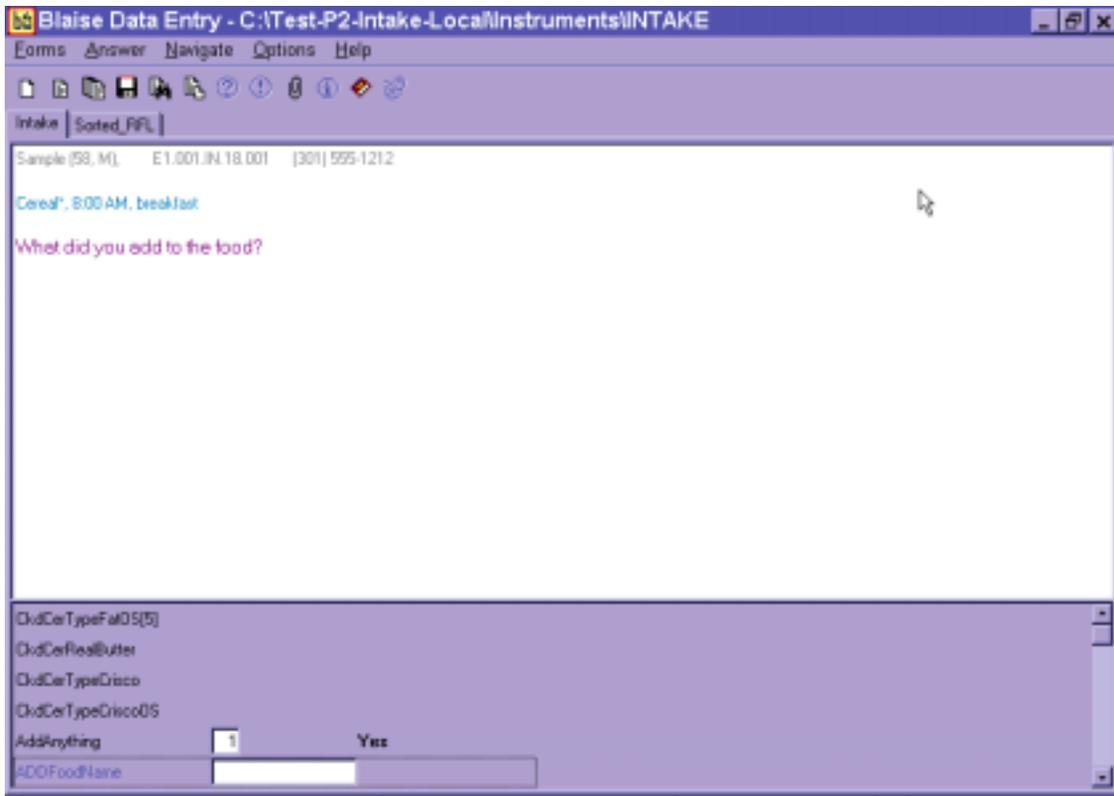
CldCerTypeCivco05

AddAnything

ADDFoodName

Next, you will notice that a blank text field labeled ADDFoodName opens up for you to type the first addition. The AMPM program accepts up to five additions per food. If a food has more than five additions, record the other additions, including their description and amounts in the Remark Box (F6 function key).

Exhibit 6-58. Addition screen—Use Trigram search

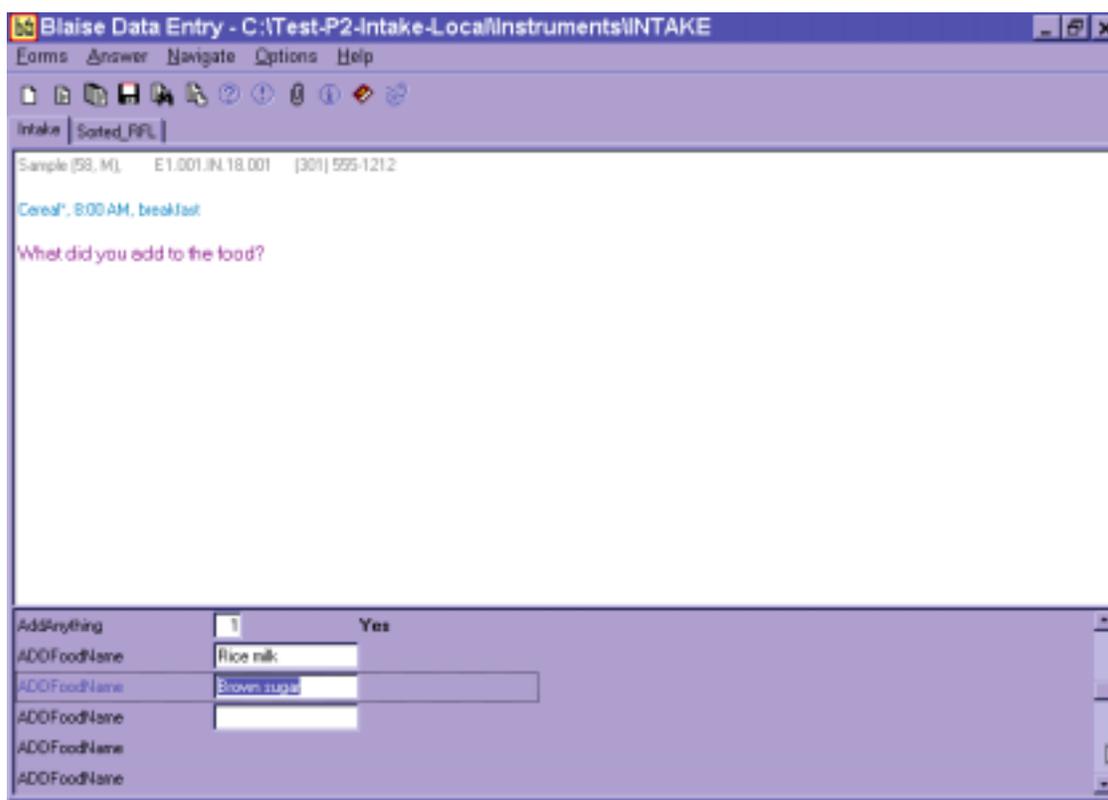


When you begin to type, the MFL trigram search screen comes up.

After you select the food on the MFL and press ENTER, the food will appear in the text field. Always ask “Anything else?” after the respondent has reported an addition to a food.

Once all the additions have been entered, press ENTER on the blank line to move to the next probe.

Exhibit 6-59. Addition screen—Multiple additions



The screenshot shows a window titled "Blaise Data Entry - C:\Test-P2-Intake-Local\Instruments\INTAKE". The window has a menu bar with "Forms", "Answer", "Navigate", "Options", and "Help". Below the menu bar is a toolbar with various icons. The main area of the window displays the following text:

Intake | Sorted\_RFL |  
Sample (58, M), E1.001.IN.18.001 (301) 595-1212  
Cereal, 8:00AM, breakfast  
What did you add to the food?

At the bottom of the window, there is a form with the following fields:

AddAnything	<input type="checkbox"/> 1	Yes
ADDFoodName	<input type="text" value="rice milk"/>	
ADDFoodName	<input type="text" value="brown sugar"/>	
ADDFoodName	<input type="text"/>	
ADDFoodName	<input type="text"/>	
ADDFoodName	<input type="text"/>	

Do not record salt, ground pepper, spices, and herbs as additions. However, foods like salsa and hot peppers should be collected and probed.

Also, the AMPM has been programmed so that it will not ask the additions questions for a food reported as an addition. For example, milk reported on the RFL has an addition probe. But when milk is reported as an addition (e.g., milk added to coffee) there is no additions probe.

Any food can be an addition if the respondent describes it as having been added to the portion of food. However, there are some foods that are more commonly reported as additions. These include:

- Butter and margarine
- Salad dressing
- Sauce, gravy, and salsa
- Mustard and catsup
- Mayonnaise and tartar sauce
- Dip (for crackers, chips, vegetables)
- Relish
- Cream and milk (to cereal, coffee, etc.)
- Sugar and sweeteners
- Jam, jelly, and syrup
- Water\*

\* When water is reported as an addition, choose “Water as an addition” on ADDFoodName.

If the respondent reports an addition to a food when reporting the QL, you may add that food in the Comments field. This information will then be displayed along with the primary food name, time and occasion when you collect the details for the primary food. Do not enter an addition on the RFL because then it won't be associated with the primary food.

Exhibit 6-60. Add additions in Comments field during QL pass

Blaise Data Entry - C:\Test-P2-Intake-Local\Instruments\INTAKE

Forms Answer Navigate Options Help

Intake | Sorted\_RFL

Sample (58, M), E1.001.IN.18.001 (301) 555-1212

Mashed potatoes, 9:00 PM, snack, gassy

Were they made from fresh potatoes, from a dry mix, from frozen, a restaurant, or something else?

1. Dry mix  
 2. Fast food place  
 3. Fresh  
 4. Frozen  
 5. Restaurant  
 91. Other, Specify

IBStart	1	Include in intake	Potato Form
oneAInstruction			Potato Form OS
totalKind	11	MashedPotatoes	Potato Peel Eaten
totalKindOS			Potato Fat Prep
totalSkinTopping			Potato Type Fat

### Adding Additions

Procedures for adding remembered adds or misreported additions are detailed in Chapter 8.10

#### 6.7.3.4 Obtaining Quantities

This question asks for the actual amount of the food item eaten. Do not accept a range value for quantity. If an SP reports eating 10 to 20 potato chips, ask: “Can you give me your best estimate of the number of chips you ate?” or “What would you like me to enter here?”

There may be situations when the respondent cannot give you one amount. For example, respondents may report multiple bean bags, or a size between two circles. In these situations, type “1” on the amount screen and enter OS (91) on the unit screen. Enter the SP’s response verbatim in the OS field. Make sure the response you enter will be helpful to the coders.

Only **record the amount eaten** – not the amount served. Probe carefully when an SP reports sandwiches, chicken parts, and meats such as pork chops. SPs may be so intent on describing the size of the serving to you that they forget that the whole portion wasn’t eaten.

If the SP seems unsure of the quantity, suggest possible ways to respond from the list of units on the amount screen. If the SP is unable to provide the amount eaten, code DK (F8 function key). This can be done at either the amount or unit screen. However, if you code DK for an amount, the unit probe is not asked.

**Order of Units on Screen.** There are four categories of units you may see on a food category screen: Volume Units, Weight Units, General Units, and Food Model Units. In general, like units within each category are grouped and listed in ascending order of volume or size.

- VOLUME UNITS are ordered as: teaspoon, tablespoon, cup, then fluid ounce, pint, quart, half gallon, and gallon, then milliliter and liter.
- WEIGHT UNITS are ordered as: weight ounce, gram, and pound.

- GENERAL UNITS include a number of different types of units: item or food names, general sizes, container units, and category specific units.
  - **Relative Sizes** are ordered as: miniature, small, medium, large, and extra large.
  - **Container Units** are ordered as: bottle, can, carton, container, drink box, juice box, pouch, and school lunch carton. If you choose these units you will see a screen asking for the volume of the container if it is needed.
  - **Category Specific Units** are listed in ascending order. For example, the Cake Category includes the units “cupcake,” snack cake,” and “whole cake.”
  - **Meat Specific Units** includes the units in alphabetical order: chop, cutlet, patty, rib, and steak.
- FOOD MODEL UNITS include a number of models that are listed in alphabetical order. The Vessel Models (glasses, mugs, bowls) will have a follow-up question about the fill level of the vessel.

#### 6.7.3.5 Measuring Guides

Each MEC interview room contains a standard set of measuring guides. These tools will be used to determine the volume and dimensions of the food items the SP reports. The tools are not intended to represent any one food, but rather are designed to help respondents estimate portion sizes.

Included in the set of measuring tools are both 3-dimensional (3D) and 2-dimensional (2D) guides. 3D guides are actual vessels and tools and include glasses, bowls, mugs, household spoons, measuring cups and spoons, a ruler, thickness sticks, bean bags, and circles. 2D guides are drawings of vessels and shapes. The 2D guides include a picture of pats and spreads, a grid, two wedges, a shape chart, and a drawing of chicken pieces.

To ensure that data are recorded in a consistent manner, you must be thoroughly familiar with the portion size models and their correct use. Improper entry of food models can result in either overestimation or underestimation of nutrient intake. When the respondent uses the mugs, bowls, and glasses, have them show you the line that best describes the amount they ate. They may report between the lines or to the top of the vessels. If they use the measuring cups, spoons, or the household spoons to describe the amount they ate, make sure they estimate the amount of a level spoonful. This section will provide more details on recording amounts of foods using the measurement guides.

The models should be easily accessible in the interview situation. Not every model can be used for each food; at times you may need to direct the respondent to other models or to use other shapes. General guidelines for using the measuring aids are described below.

**3D GUIDES.** The 3d guides include glasses, bowls, mugs, household spoons, measuring cups, measuring spoons, ruler, thickness sticks, bean bags, circles, milk and juice cartons.

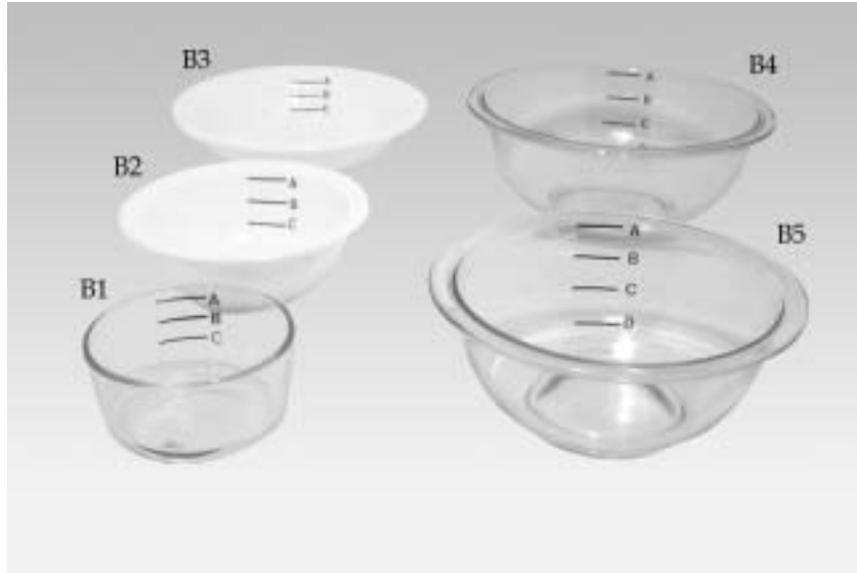
- **GLASSES: (G1-G8)** There are 8 glasses of various sizes and shapes. Use the glasses and level lines to estimate the volume of liquids such as beverages. An SP may also choose these models to estimate the portion of solid foods. When SPs report using these models, they must also report the level line (A-D). A hard edit will appear if level 'D' is reported for G1 or G7, since there is no such level. Make sure that the amounts reported are within the capacity of the model. If the respondent reports an amount that is protruding from the top, have them estimate using another model. If SPs report a volume between the lines or to the top of the vessel, enter the information in OS.

Exhibit 6-61. 3D glasses



- **BOWLS: (B1-B5)** There are 5 bowls of various sizes and shapes. Use the bowls and level lines to estimate the volume of amorphous foods such as vegetables, fruits, cereal and popcorn; liquid foods such as soup, and solid foods such as molded jello. When SPs report using these models, they must all report a level line (A-D). If they report a volume between the lines or to the top of the vessel, enter the information in OS.

Exhibit 6-62. 3D bowls



- **MUGS: (MG1-MG3)** There are 3 mugs of various sizes and shapes. Use the mugs and level lines to estimate the volume of liquids such as beverages or soup. An SP may also choose this model to estimate a portion of solid foods. When SPs report using these models they must also report a fill line (A-D). A hard edit will appear if level 'D' is reported for MG1, since there is no such level. If SPs report a volume between the lines or to the top of the vessel, enter the information in OS.

Exhibit 6-63. 3D mugs



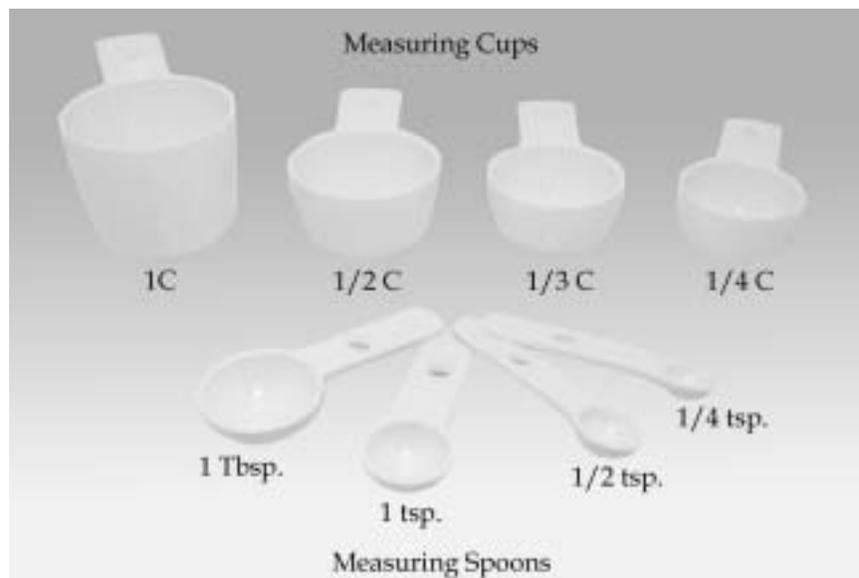
- **HOUSEHOLD SPOONS: (Tablespoon, Teaspoon)** There are 2 household spoons of different sizes. The small one is the size of a teaspoon and the large one is the size of a tablespoon. Use the household spoons to estimate the volume of small amounts of liquid or solid foods. Have the respondent report level spoonfuls.

Exhibit 6-64. 3D household spoons



- **MEASURING CUPS: (1/4, 1/3, 1/2, 1C)** The set of measuring cups is comprised of 4 cups of different sizes. Use the measuring cups to estimate the volume of most foods. For example, these cups would be used to report liquids such as beverages or soups, solids such as potato salad, rice, or casseroles, and semi-solids such as ice cream and pudding. The AMPM will automatically probe for form (e.g., sliced, chopped, shredded) when it is required. Make sure the respondent estimates the amount of a level cup.
- **MEASURING SPOONS: (1/4 tsp, 1/2 tsp, 1 tsp, 1 Tbsp)** The set of measuring spoons is comprised of 4 spoons of different sizes. Use the measuring spoons to estimate the capacities of cooking spoons, serving spoons, or household spoons, and to estimate small amounts of liquids or solid foods. Make sure the respondent estimates the amount of a level spoonful.

Exhibit 6-65. 3D measuring cups and spoons



- **RULER: (L, W, H)** Use the ruler to estimate dimensions in inches. For example, the ruler could be used to estimate the length, width, and height of a piece of cornbread, and the length and width of a piece of meat or poultry (height would be estimated from the thickness sticks).

Exhibit 6-66. 3D 12-inch ruler



- **THICKNESS STICKS: (T1-T12)** A set of thickness sticks is comprised of 12 sticks, each equivalent to 1/8 inch. Use the thickness sticks to estimate the height of solid foods such as meat, poultry, and cheese.

Exhibit 6-67. 3D thickness sticks



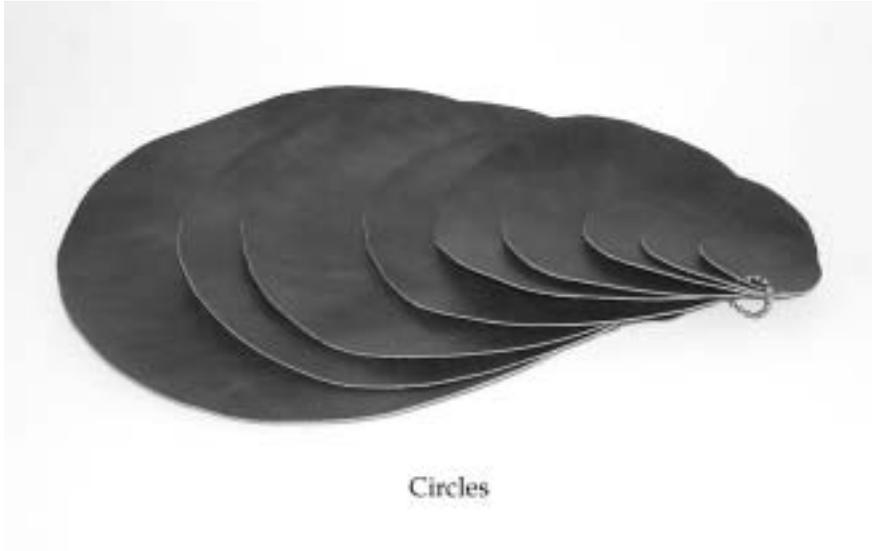
- **BEAN BAGS: (M3-M9).** There are 7 bean bags of various sizes. Use the bean bags to estimate foods that mound on a plate such as spaghetti, vegetables, popcorn, and potato salad. The SP may report part of a bag or combinations of bags.

Exhibit 6-68. 3D bean bags



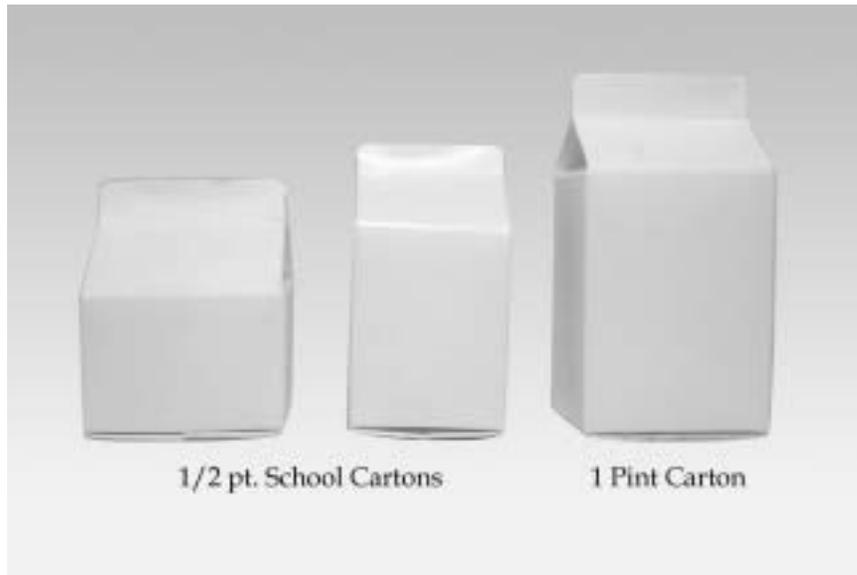
- **CIRCLES: (C1-C9)** There are 9 circles from “1 to 9” in diameter. Use the circles to estimate the diameter of round foods such as tortillas, pancakes, biscuits, and pies.

Exhibit 6-69. 3D circles



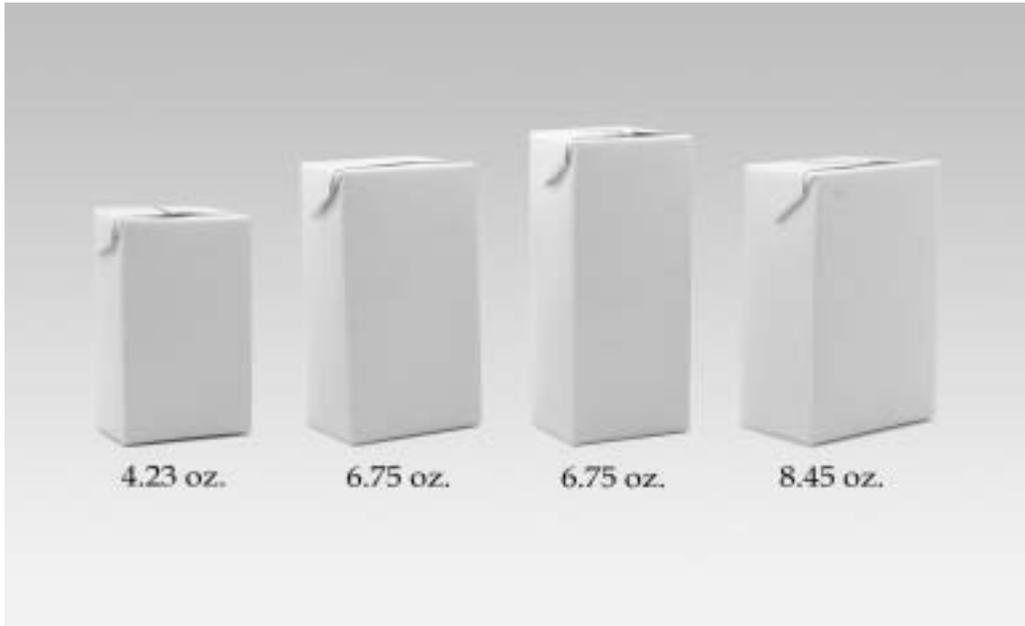
- **MILK CARTONS:** There are 3 different shaped cartons that represent 2 different sizes: 8 FO and 16 FO. Use the milk cartons to estimate the amount of milk or juice consumed.

Exhibit 6-70. 3D cartons



- **JUICE CARTONS:** There are 4 different shaped cartons that represent 3 different sizes: 4 FO, 6.75 FO, and 8 FO. Use these cartons to represent the amount of juice or milk consumed.

Exhibit 6-71. Juice cartons



**2D GUIDES.** The 2D guides include a picture of pats and spreads, a grid, two wedges, a shape chart, and a drawing of chicken pieces.

- **PATS and SPREADS.** There is 1 card of spreads. There are 2 knives on the card with a pat on the knife and a spread below it. The pats and spreads at each knife are the same amounts. Use the pats and spreads card to estimate small amounts of food such as butter, jam, cream cheese, mayonnaise, and peanut butter. Have the SP report the label that best represents the amount consumed. Do not ask the SP whether it was a spread or pat.

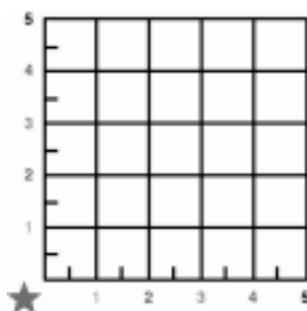
Exhibit 6-72. 2D pats and spreads



*Pat/spread instructions – Please tell me the one that looks like the amount you ate. If none of these look like the amount you ate, it is okay to use part of one or more than one.*

- **GRID.** Use the grid to estimate the dimensions of foods such as meatloaf or brownies. There is a star in the lower left-hand corner so that the SP can orient his food and visualize it on the grid. The SP may report the number on each side of the grid, or between the numbers. It does not matter which side is used to report length or width. Respondent may put grid on plate for use as a visual aid.

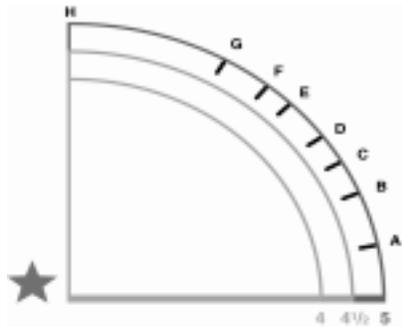
Exhibit 6-73. 2D grid



*Grid instructions – Imagine your (FOOD) is placed in the corner next to the star. Estimate its size by using the numbers or colors on each side of the grid.*

- WEDGES.** There are two wedges: a large 9" long wedge and a small 5" long wedge. Direct the respondents to the large wedge for pizza and the small wedge for foods such as cake and pie. The wedge has a star in the lower-left corner so that the SP can orient his food and visualize it on the wedge. Each wedge has an overlapping arrow pointer that moves along the arc of the wedge. Use the numbered increments along the length (radius) of the wedge and move the arrow to the alphabetized segments to estimate the size of wedge shaped foods (e.g., 5 E). Introduce the use of the wedge by saying something like "Now let's recreate your piece of (FOOD)."

Exhibit 6-74. 2D wedges



**Wedge instructions.** Move the arrow to the bottom line. Now, imagine the tip of your food in the corner next to the star. Starting from the large purple star, use the numbers on the bottom line to tell me the length of your (FOOD). Now with your finger on the arrow at that number, move the arrow up until the space between the arrow and the bottom line looks like the size of the piece you ate. Tell me the letter that is closest to the point of the arrow.

- SHAPES AND CHICKEN PIECES.** Use the shape chart to describe the amount of food eaten with one or two dimensions. Since there are some foods that are not easily represented by food models, the shapes offer the respondent another alternative. The chart can also be used along with the ruler. Use the chicken pieces to specify the particular part of the chicken consumed.

#### 6.7.4 Food Source Question

The food source question is part of the Detail and Review Cycle. After you collect all the detail and amount information about a food, you will see a screen that instructs you to enter 1-ENTER-END.

This Food Source Question follows the category end screen. This question is asked for each food reported within an occasion, because foods eaten at a single occasion may come from more than one source. For example, an SP may have gotten a hamburger at McDonalds but when he took it home to eat it, he also drank a can of soda he had purchased earlier from the store.

Since the most frequent source of foods is from the “store”, the first question you ask will be “Did you get (this/most of the ingredients for this) {FOODNAME} from the store?”

If the response is “No”, you will ask,

“Where did you get (this/most of the ingredients for this) {FOODNAME}?”

Foods eaten together, that were prepared at home, may come from more than one source. For example, an SP may have prepared a salad that included ingredients from both the store and the garden. Therefore, when you ask the question for a multiple ingredient food, ask, “Did you get most of the ingredients for this {FOODNAME} from the store?”

And if the answer is “No” then ask,

“Where did you get most of the ingredients for this {FOODNAME}?”

Exhibit 6-75. Source question screen

Blaise Data Entry - C:\Test-P2-Intake-Local\Instruments\INTAKE

Forms Answer Navigate Options Help

Intake | Sorted\_RPL |

Sample (58, M), E1.001.IN.18.001 (301) 555-1212

Did you get (this/most of the ingredients for this) Mashed potatoes from the store?

[THIS QUESTION **MUST BE ANSWERED** BEFORE PROCEEDING WITH ANY OTHER ACTION IN THE INTAKE.]

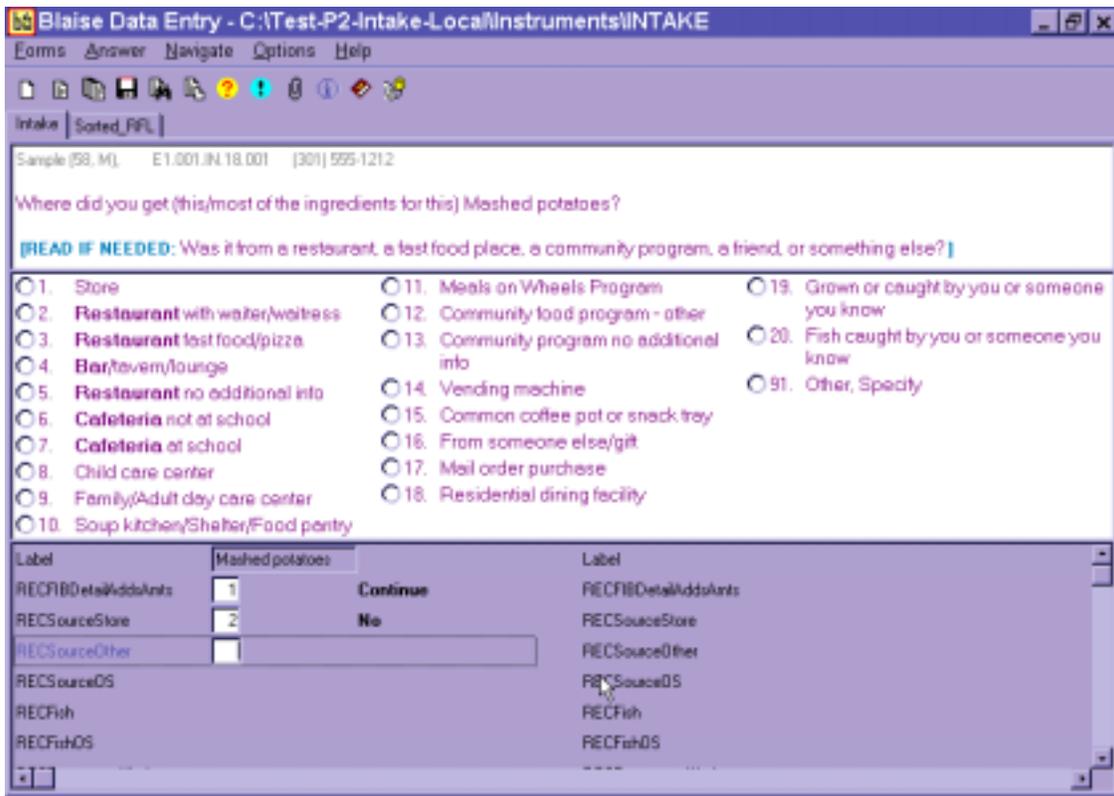
1. YES  
 2. NO

Label	Mashed potatoes	Label
RECIBDetailAddUnits	1	RECIBDetailAddUnits
RECSouceStore		RECSouceStore
RECSouceOther		RECSouceOther
RECSouceOS		RECSouceOS
RECFish		RECFish
RECFishOS		RECFishOS

Continue

If the respondent hesitates when you ask the follow-up source question, read the question in parentheses. When you read this for the first time, make sure you read the complete question so that the respondent understands the type of answer expected. All of the possible response options are listed on the screen. The OS (91), RF (F7), and DK (F8) are acceptable responses to both the Food Source Question and the follow-up question.

Exhibit 6-76. Source question—Follow-up screen



If the respondent mentions the source of the food earlier in the interview (e.g., McDonald’s hamburger), you may confirm the source. For example, say something like:

**Interviewer:** “You obtained the hamburger from a fast-food place. Is that correct?”

Try to fit the respondent’s answer into one of the response items on the screen. There may be situations where you need to help the respondent decide the source of the food item. The following list defines the food sources and can be accessed as a Help Screen using the F1 key. The Help Screen is only available at the second question. The screen is a ‘quick reference’ when a respondent is not certain how to

report or needs clarification on a code. Additional information about the Help Screen can be found in Appendix C.

- **Code 1, Store** – This code refers to any type of store. It also includes gas stations, produce stands, convenience stores such as a 7-11, and farmers’ markets. If the respondent uses the word “store” in his/her answer, use this code. Other stores that might be the source of food include toy stores, department stores, delis, and specialty stores such as Starbucks, Krispy-Kreme, and Dunkin Donuts.
- **Codes 2 and 3, Restaurant** – Code 2 refers to a restaurant and code 3 refers to a fast food place or a pizza place. A restaurant is distinguished from a fast food place by waiter/waitress service. If a respondent is not sure which answer to choose, ask her if the place has waiters and waitresses. If the response is “yes” code 2. If the response is “no,” the source is either a fast food place (3) or a cafeteria (6). Respondents can usually distinguish between fast food places and cafeterias.

If the respondent reports “pizza place,” code 3 regardless of the type of service. Also code pizzas that are delivered as 3.

All carryout and delivery food should be coded as “3.”

- **Code 4, Bar, Tavern, Lounge** – This code includes bars, taverns, cocktail lounges and other “drinking places.” If a respondent is having difficulty deciding between codes 2 and 4, ask her if she considers the place to be an “eating place” or a “drinking place.”

- **Code 5** – Use this code if the respondent reports restaurant with no other description. When you select code 5, you will see the follow-up question below.

Exhibit 6-77. Source question—Type of restaurant

The screenshot shows the Blaise Data Entry software window. The title bar reads "Blaise Data Entry - C:\Test-P2-Intake-Local\Instruments\INTAKE". The menu bar includes "Forms", "Answer", "Navigate", "Options", and "Help". Below the menu bar is a toolbar with various icons. The main window area displays the following text:

Sample (58, M), E1.001.IN.18.001 (301) 595-1212

What kind of restaurant was that? Was it a restaurant with waiter/waitress service, a fast food or pizza place, a bar, tavern, or lounge, or a cafeteria?

Below the question are four radio button options:

- 1. Waiter/Waitress
- 2. Fast Food/Pizza
- 3. Bar/Tavern/Lounge
- 4. Cafeteria

At the bottom of the window is a data entry table with the following columns and rows:

RECFBDetailAdduAnts	1	Continue	RECFBDetailAdduAnts
RECSouceStore	2	No	RECSouceStore
RECSouceOther	5	RestNoInfo	RECSouceOther
RECSouceOS			RECSouceOS
RECFish			RECFish
RECFishOS			RECFishOS
RECRestaurantKind			RECRestaurantKind

If the respondent cannot categorize the restaurant to one of the four options above (Codes 2, 3, 4, or 5), then code “DK” (F8 function key).

- **Code 6, Cafeteria, Not School** – This code refers to all cafeterias except school cafeterias.
- **Code 7, Cafeteria, School** – This code refers to a school cafeteria and is defined as food provided by the school cafeteria, not food that the respondent may have gotten from a friend at school (code 16) or brought from home. Remember, this question asks about the source of the food, not where it was eaten.
- **Code 8, Child Care Center** – This code refers to food obtained at child care centers.
- **Code 9, Family, Adult Day Care Center** – This code refers to family day care homes, which are private homes that provide day care for adults or children. The distinction between a family day care home and “someone else(‘s)” home (code 16) is

that the family day care home provides day care for a fee; that is, it is paid “babysitting.”

- **Code 10, Soup Kitchen, Shelter, Food Pantry** – This code refers to emergency food sources and includes soup kitchens, shelters for the homeless, battered women, etc., and food pantries and food banks that provide food for people who cannot afford to buy food for themselves. This code describes a higher level of desperation than the food assistance programs included in code 12.
- **Code 11, Meals on Wheels Program** – “Meals on Wheels” is a community program that provides meals to homebound elderly and disabled persons.
- **Code 12, Community Food Program** – This code refers to community food assistance programs that provide food to recipients on a regular basis. This code can be distinguished from codes 10 and 11 as it includes sources that provide food on a regular basis rather than an emergency basis. For instance:
  - Women, Infants, and Children (WIC) program when the respondent’s food came directly from the WIC office rather than from a store using WIC vouchers (which would be coded 1).
  - Senior citizens centers that offer meals on a regular basis, and state and federally-sponsored congregate meal sites.

- **Code 13** – This code refers to community programs that the respondent cannot describe more specifically. This code brings up the following question:

Exhibit 6-78. Source question—Type of community program

Blaise Data Entry - C:\Test-P2-Intake-Local\Instruments\INTAKE

Forms Answer Navigate Options Help

Intake Sorted\_PFL

Sample (58, M), E1.001.IN.18.001 (301) 595-1212

What kind of community program was that? Was it a child care center, a family day care home or adult day care, a soup kitchen, shelter, or food pantry; Meals on Wheels; or some other community food program?

1. Child Care Center  
 2. Family/Adult Day Care Center  
 3. Soup Kitchen/Shelter/Food Pantry  
 4. Meals on Wheels  
 5. Community Food Program

RECSouceStore	2	No	RECSouceStore
RECSouceOther	13	CommunityProgramNo	RECSouceOther
RECSouceOS			RECSouceOS
RECFish			RECFish
RECFishOS			RECFishOS
RECRestaurantKind			RECRestaurantKind
RECComunityProgram			RECComunityProgram

If the program the respondent reports is not one of the first four listed, then select “5” for “Community Food Program.”

- **Code 14, Vending Machine** – This code refers to any food purchased from a vending machine.
- **Code 15, Common Coffee Pot or Snack Tray** – This code refers to a common coffee pot or snack tray. Such sources are often found in office buildings or other work sites.
- **Code 16, From Someone Else, Gift** – This code includes gifts and foods that were prepared or eaten in someone else’s home. It includes all sources not listed elsewhere when the respondent (or another household member) did not pay for the food.
- **Code 17, Mail Order Purchase** – This code only includes foods **purchased** by mail order by the household. It does not include gifts that may have arrived by mail (which would be coded 16).
- **Code 18, Residential Dining Facility** – This code refers to residential dining facilities. For example, a senior citizen community where the meals are eaten in a

dining hall would be coded 18. It does not include Federally-sponsored programs that are free for senior citizens (that would be coded 12).

- **Code 19, Grown or Caught by You or Someone You Know** – This code, “grown or caught by you or someone you know,” refers to homegrown foods such as vegetables, as well as hunted game, such as deer.
- **Code 20, Fish Caught by You or Someone You Know** – This code, “fish caught by you or someone you know,” refers to fish or seafood. Choosing this response brings up the following question:

Exhibit 6-79. Source question—Where caught fish came from

Blaise Data Entry - C:\Test-P2-Intake-Local\Instruments\INTAKE

Forms Answer Navigate Options Help

Intake | Sorted\_RPL |

Sample (58, M), E1.001.IN.18.001 (301) 595-1212

Did it come from a freshwater lake, pond or river, the ocean, or a bay, sound, or estuary?

1. Freshwater lake, pond, or river

2. Ocean

3. Bay, sound, or estuary

91. Other, Specify

RECSouceStore	2	No	RECSouceStore
RECSouceOther	20	FishCaughtByYouOth	RECSouceOther
RECSouceOS			RECSouceOS
RECFish			RECFish
RECFishOS			RECFishOS
RECRestaurantKind			RECRestaurantKind
RECCommunityProgram			RECCommunityProgram

Respondents will probably only know the answer to this question if they caught the fish. Otherwise, DK is an acceptable response.

- **Code 91, Other Specify** – For answers that do not fall into an existing code, select “91” and record the answer verbatim in the open text field. If you are not sure how to code a respondent’s answer, select “91.”

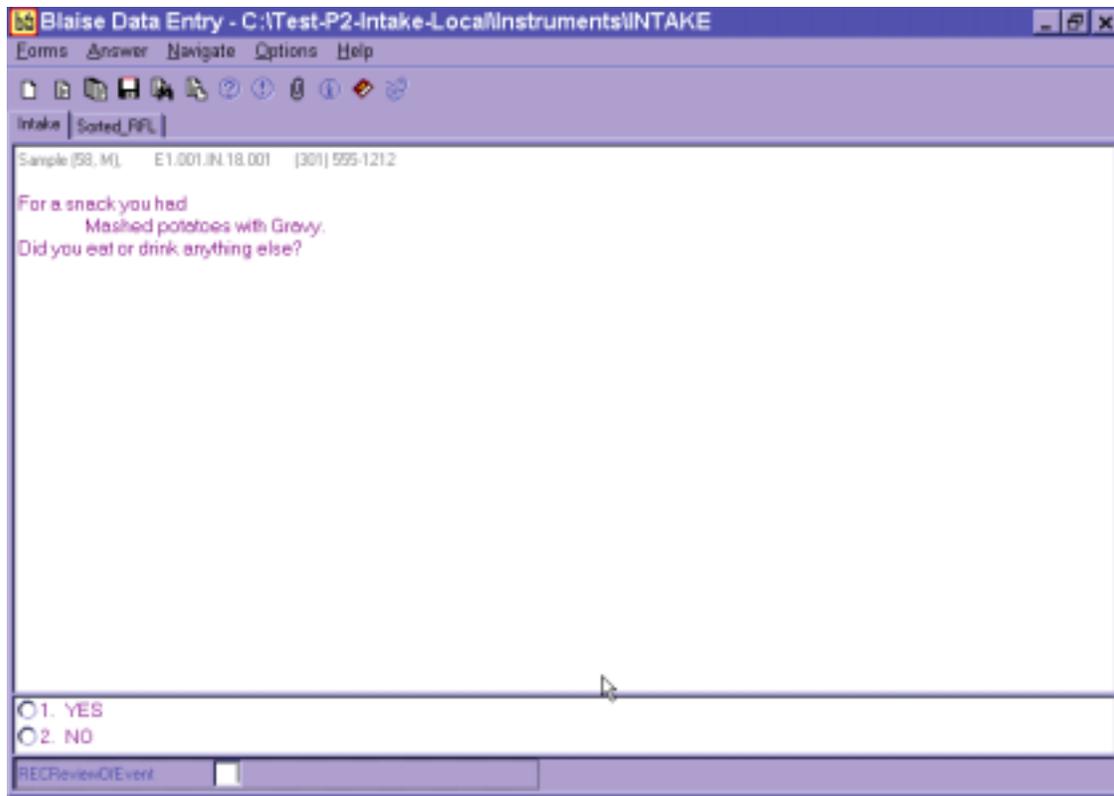
You will continue to ask Details, Amounts, and Source for each food within an occasion. Once you complete all foods for one occasion, you will ask the Review of Occasion (Event) probe.

### 6.7.5 Review of Occasion

The Review of Occasion probe reviews the entire eating occasion and asks if the SP had any other foods/beverages at that occasion.

Notice in the example below, that the primary food, mashed potatoes, and its addition, gravy, are also listed on the review screen.

Exhibit 6-80. Review of occasion screen



The screenshot shows a window titled "Blaise Data Entry - C:\Test-P2-Intake-Loca\Instruments\INTAKE". The window has a menu bar with "Forms", "Answer", "Navigate", "Options", and "Help". Below the menu bar is a toolbar with various icons. The main area of the window displays the following text:

Sample (58, M) E1.001.IN.18.001 (301) 555-1212

For a snack you had  
Mashed potatoes with Gravy.  
Did you eat or drink anything else?

At the bottom of the window, there are two radio buttons labeled "1. YES" and "2. NO". Below these buttons is a checkbox labeled "RECReviewOfEvent" which is currently unchecked.

Read the screen as written. Since beverages are the most frequently forgotten foods, emphasize the work “drink”. For example, if you were reviewing the screen above you would say,

**Interviewer:** “For a snack, you had mashed potatoes with gravy. Did you eat or drink anything else?”

Emphasize the word “drink” when you read this review question since SPs often forget beverages they consume during the day. If the SP reports any new food, you will follow the steps below.

- (1) Enter “1” for “Yes”. The AMPM will take you to the RFL.
- (2) Enter food, time, occasion on RFL.
- (3) Ask “Anything else?”
- (4) Type “XXX” and press ENTER twice.
- (5) Press END.
- (6) Begin to collect details for the remembered food(s).
- (7) Ask Source question.

In this interview, details about reported foods are collected in chronological order. Therefore, if the SP remembers a food for a different or new occasion, the AMPM will bring up the probes at the appropriate time. Foods eaten earlier than this occasion will be asked about at the end of the recall, and foods that were eaten at a later occasion will be probed in chronological order. Section 8.11 of Chapter 8 describes the procedures to follow if an SP remembers a food when RFL is full.

When you have probed for details about all remembered foods for the occasion, you will then ask the respondent if the meal was consumed at home.

### 6.7.6 Occasion Location Question

This question asks if the meal (occasion) was consumed at home. “At home” is defined as the SP’s dwelling unit and the surrounding areas that are used solely by the occupants of that dwelling unit. For example, meals eaten in the backyard would be considered “Home.”

Exhibit 6-81. Occasion location question screen

The screenshot shows a software window titled "Blaise Data Entry - C:\Test-P2-Intake-Local\Instruments\INTAKE". The window has a menu bar with "Forms", "Answer", "Navigate", "Options", and "Help". Below the menu bar is a toolbar with various icons. The main content area displays the following text:

Intake | Sorted\_RPL |

Sample (58, M), E1.001.IN.18.001 (301) 555-1212

Did you (eat|drink) this snack at your home?

[IF SP REPORTS BEGINNING EATING EVENT IN ONE LOCATION, BUT CONTINUING IT ELSEWHERE, CODE PLACE EATING EVENT BEGAN.]

1. YES  
 2. NO

RECEventLocation  No

If the SP ate the meal at home, select “1” for “YES.” If the SP reports any place other than home, select “2” for “NO.” You will ask this question for the entire occasion. If the respondent reports beginning a meal at one place and ending it at another, code the Location Question where the meal/event began. For example, if an SP began breakfast at home but finished it in the car on the way to work, you would choose “at home.”

If the occasion is made up of one single food, the prefilled text will be the name of the food rather than the occasion. For example, if the SP ate only a hamburger for lunch, then the probe would read:

“Did you eat/drink this 12:00PM hamburger at your home?”

It is possible that respondents may remember more foods as they think about the source of the food and where it was eaten. In this case, return to the RFL by pressing F10, and record the food in the next available RFL line.

Once you have asked the location for an occasion, you will ask the Between Interval Probe to determine if any food was eaten between the occasion you just collected and the next occasion reported.

### 6.7.7 Between Interval Probe

This probe reviews the period between one occasion and the next and asks if the SP had any other foods/beverages between the two occasions.

Exhibit 6-82. Between interval probe screen

Blaise Data Entry - C:\Test-P2-Intake-Local\Instruments\INTAKE

Forms Answer Navigate Options Help

Intake | Sorted\_RFL

Sample (58, M), E1.001.IN.18.001 (301) 555-1515

Did you have anything between your breakfast and 3:00 PM when you had your Pbj sandwich?

1. YES

2. NO

RECBetweenIntervalPro

RECLastOccToMidnt

If the respondent remembers a food at this interval that was eaten during this interval, you will enter “1” for yes and the system will take you back to the RFL. After recording the foods on the RFL, the AMPM will take you to the detail and amount probes. If the respondent remembers a food at this interval that was eaten later, the instrument will sequence the food so that you will collect the details and amounts when you get to that time period in the interview. Foods that are remembered at this interval but eaten earlier in the day will be collected at the end of the interview, before you complete the Final Review of the 24-hour dietary recall. These foods are called “remainder foods” and will be discussed in Section 6.7.9.

## 6.7.8 Last Occasion to Midnight Probe

After you review the foods reported for the last occasion, you will ask the Last Occasion to Midnight Probe.

Exhibit 6-83. Last occasion to midnight probe screen

Blaise Data Entry - C:\Test-P2-Intake-Local\Instruments\INTAKE

Forms Answer Navigate Options Help

Intake Sorted\_PFL

Sample (52, M), E1.001.IN.18.001 (301) 555-1515

Did you have anything to eat or drink between your 8:00 PM dinner and midnight last night?

1. YES

2. NO

RECBetweenIntervalPro

RECLast0ccToMidnt

This probe covers the period between the last eating occasion reported and midnight. If a food(s) is remembered, the program will take you back to the RFL to add the foods. Follow the steps below.

- (1) Select “1” for “Yes”. The AMPM will take you back to the RFL.
- (2) Enter food on RFL.
- (3) Collect or confirm the time and occasion.
- (4) Ask “Anything else?”
- (5) Type “XXX” and press ENTER twice.
- (6) Press END.
- (7) Collect details and amounts for each new food.

### **6.7.9 Collection of Remainder Foods**

The USDA AMPM program orders foods chronologically throughout the interview, guiding the collection of detailed information about each food in the sequence in which the food was eaten. However, if a food was remembered at a point in the recall day that came before the time period you are collecting, the program will store the food until the end of the Recall portion of the interview. The stored foods are called “remainder foods.” For example, if an SP remembered drinking orange juice at 7 AM for breakfast while you were reviewing the 1 PM lunch, the program would classify it as a remainder food.

If a remainder food is reported for an existing occasion (e.g., remembered drinking orange juice with waffles that have already been collected for 9am breakfast), you will only collect the details, amounts, and source for the food. However, if the remainder food is a new eating occasion (e.g., reported drinking orange juice at a time that was different from all other reported occasions), you will also collect the location of the occasion.

Remainder foods will be probed in the same way that all other foods are probed, beginning with the Continue/Redo Screen and ending with the Source question. However, the Interval review probes will not be asked for these foods because the period of time has already been covered.

## 6.8 Step 5: The Final Review Probe (FR)

The Final Review Probe is the last opportunity the respondent will have to remember any new foods or drinks. If the SP remembers a food at this time, enter “1” for YES. The AMPM will take you to the RFL. Add the food to the next available RFL line. Collect the time and occasion for the food(s). Ask “Anything else?” probe. Type XXX on the next RFL Line and press ENTER twice. Press END. You will then collect details, amounts, and source for the food(s). If the food(s) creates a new eating occasion, you will also ask the location. Like remainder foods, the Interval Review probes will not be asked for these new foods.

Exhibit 6-84. The final review probe screen

Blaise Data Entry - C:\Test-P2-Intake-Local\Instruments\INTAKE

Forms Answer Navigate Options Help

Intake Sorted\_RFL

Sample (52, M), E1.001.IN.18.001 (301) 555-1515

Do you remember anything else you ate or drank yesterday - even small amounts, anything you ate in the car, at meetings, or while shopping, cooking or cleaning up?

1. YES

2. NO

RECEventLocation RECFinalReviewQuestio

After you have administered the Final Review probe, continue with the health-related questions section of the intake.

## **6.9 Intake Health-Related Questions**

The dietary interview also includes a series of questions that are asked at the end of each interview and are a part of the USDA AMPM program. The questions ask about water and salt consumption and special diets. The number of questions that are asked depends on whether the interview is for a MEC In-Person or a MEC 2nd Exam.

The MEC In-Person dietary exam includes the following questions:

- Usual intake;
- Amount of water consumption;
- Use of salt at the table and in cooking; and
- Special diet information.

The MEC 2nd dietary exam only includes the following questions:

- Usual intake; and
- Amount of water consumption.

## 6.9.1 Usual Intake

The Usual Intake question is the first question that follows the 24-Hour Recall portion of the interview and is asked in all dietary interviews. This question asks the respondent to make a judgment as to whether the amount of food and drink reported in the interview was usual, less than, or more than usual.

Exhibit 6-85. Usual intake question screen

Blaise Data Entry - \\1RK8\VOL803\csfiitst\Pilot2-Trailers\Instruments\TRAILERS

Forms Answer Navigate Options Help

Trailer

Sample (52, M), E1.001.TR.01.001 (301) 555-1515

Was the amount of food that you ate yesterday much more than usual, usual, or much less than usual?

1. MUCH MORE THAN USUAL

2. USUAL

3. MUCH LESS THAN USUAL

TRAUusualAmount

TRACatWt

Respondents may have difficulty deciding whether the intake reported was really different from usual. Don't lead the respondents – let them decide. If they ask you to define the terms, just repeat the question with slight emphasis on the word amount. Remind them that it is their judgment.

## 6.9.2 Water Questions

The water questions follow the usual intake question and are asked for all interviews. The purpose of the water questions is to determine how much **unsweetened** water respondents consumed on the recalled day. We expect that during the intake portion of the interview most respondents will report the **sweetened** water beverage (e.g., Mystic, Clearly Canadian) that they consumed. However, because some respondents may not distinguish sweetened waters from nonsweet waters, this series of questions include probes about both sweetened and unsweetened waters. The questions are divided into three types of water: carbonated water, bottled water, and tap water.

**The Water Introduction and Carbonated Water Question Screen.** This screen is the water introduction screen. The text on the screen informs respondents that you will be asking about all the types of water drunk yesterday, starting with carbonated water. In addition, this screen defines the term “carbonated water” as water with bubbles.

Exhibit 6-86. Water introduction and carbonated water question screen

The screenshot shows a software window titled "Blaise Data Entry - \\IRK8\VOL803\csfiitst\Pilot2-Trailers\Instruments\TRAILERS". The window has a menu bar with "Forms", "Answer", "Navigate", "Options", and "Help". Below the menu bar is a toolbar with various icons. The main content area displays the following text:

Sample (52, M), E1.001.TR.01.001 (301) 555-1515

Now I'll be asking about all of the different types of water that you drank yesterday. Let's start with carbonated water. This includes plain carbonated water, seltzer water, club soda, and carbonated bottled water such as Perrier.

[DEFINITION: CARBONATED WATER IS WATER WITH BUBBLES.]

Did you drink any carbonated water yesterday?

[NOTE: INCLUDE ANY PLAIN, CARBONATED WATER THAT WAS REPORTED EARLIER, BUT DO NOT INCLUDE ANY SWEETENED, CARBONATED WATER ALREADY RECORDED IN THE INTAKE.]

Below the text are two radio button options:

1. YES

2. NO

At the bottom of the window, there are two data entry fields:

TRAUusualAmount: 2 Usual

TRACarbWt: 1

The type of carbonated water we expect to collect in this question includes:

- Seltzer water, both flavored and plain;
- Club soda;
- Perrier and other similar sparkling waters, flavored or plain;

However, other waters that you can collect here if they were not reported during the recall, include:

- Tonic water, regular and diet; and
- Sweetened water beverages such as Clearly Canadian, Mystic, sparkling water beverage with regular or artificial sweetener.

Carbonated water DOES NOT include:

- Sprite, Slice, or 7-UP; and other such clear sodas.

After you have read the introduction, continue with the carbonated water question.

The possible response options are “YES” and “NO.” If you select “YES,” the program will take you to the next screen to collect the kind of carbonated water the SP drank. If you select “NO,” you will skip to the plain water questions.

**Kind of Carbonated Water** – This question asks the respondents to list the kinds of carbonated water they drank.

Exhibit 6-87. Carbonated water screen—Kind question

	Carbonated Water Kind	Diffet. Specify
TRA015(1)	<input type="text"/>	
TRA015(2)		
TRA015(3)		
TRA015(4)		
TRA015(5)		
TRA015(6)		
TRA015(7)		
TRA015(8)		
TRA015(9)		

Record the first carbonated water the SP reports drinking in the blank text field. All carbonated waters are listed in a LUT. If the SP reports drinking more than one kind of carbonated water, record them in order of mention.

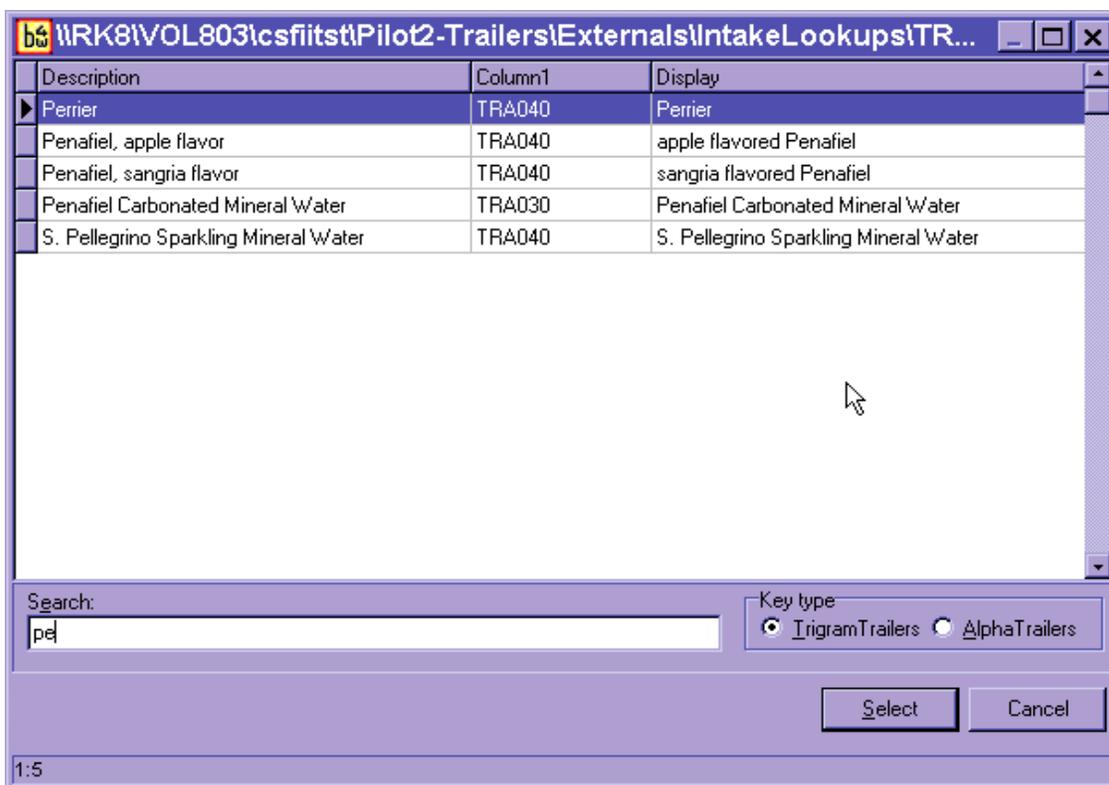
- **Step 1** – Using the Trigram search in the LUT, place the first reported carbonated water in the empty field and press ENTER.
- **Step 2** – After the first item is selected, ask the respondents if they had any other carbonated water yesterday.
- **Step 3** – If “yes,” use the LUT to place the second item in the empty field and press ENTER.

Repeat steps 2 and 3 until the SP responds “NO.” At this point, press ENTER to continue.

If the respondent reports a carbonated water that is not in the LUT, type “OS” (Other, Specify) in the search field of the LUT and then press ENTER to close the LUT. Type the SP’s answer in the box on the table. Press ENTER to continue.

**Follow-up Carbonated Water Questions.** For some carbonated water response items, you will ask up to three follow-up questions: the first two ask about the **type** of carbonated water and the third asks about the **amount** consumed.

Exhibit 6-88. Carbonated water screen—Kind follow-up question



**Type of Carbonated Water** – Two questions ask about the type of carbonated water. The first question asks the SPs if the carbonated water they drank yesterday was sweetened or unsweetened. This question does not appear for all types of carbonated waters. For example, if you entered seltzer water or club soda as the kind of water consumed, the AMPM would skip this question.

In this screen, you would choose “1” (Sweetened) or “2” (Unsweetened).

Exhibit 6-89. Carbonated water screen—Type question

The screenshot shows a software window titled "Blaise Data Entry - \\IRK8\VOL803\cst\itst\Pilot2-Trailers\Instruments\TRAILERS". The window has a menu bar with "Forms", "Answer", "Navigate", "Options", and "Help". Below the menu bar is a toolbar with various icons. The main content area is titled "Trailers" and contains the following text:

Sample (52, M), E1.001.TR.01.001 (301) 595-1515

Was the Mystic water sweetened or unsweetened?

1. SWEETENED  
 2. UNSWEETENED  
 91. OTHER, SPECIFY

Below the question are four data entry fields:

TRACatWhSwt

TRACatWhSwtOS

TRACatWhType

TRACatWhTypeOS

The second question may ask the SPs if the carbonated water they drank was diet or regular.

Exhibit 6-90. Carbonated water screen—Type follow-up question

Blaise Data Entry - IIRK8\VOL803\csfiitst\Pilot2-Trailers\Instruments\TRAILERS

Forms Answer Navigate Options Help

Trailer

Sample (52, M), E1.001.TR.01.001 (301) 555-1515

Was the Mystic water diet or regular?

1. DIET  
 2. REGULAR  
 91. OTHER, SPECIFY

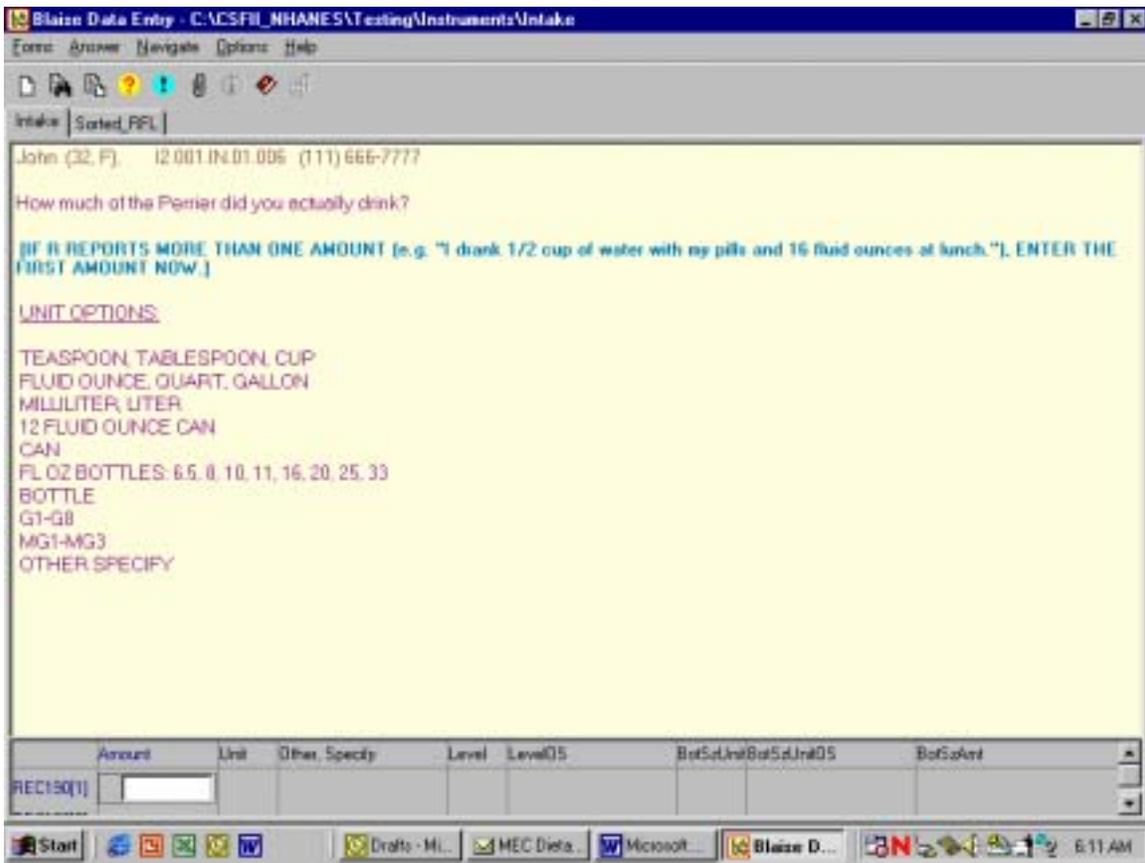
TRACatWtrSwt 1 Sweetened  
TRACatWtrSwtOS  
TRACatWtrType  
TRACatWtrTypeOS

The two options for this question are “1” (DIET) and “2” (REGULAR). If the SP was not able to respond to either of these questions but provided you with additional information about the carbonated water, type “91” (Other, Specify) and record the information in the blank text field. As with the first question, you will not ask this question for all types of carbonated water.

***Amount of Carbonated Water*** – This question asks the SP to estimate the total amount of carbonated water actually consumed yesterday. Again, this question will be administered separately for each type of carbonated water reported. Amounts for each type of water reported are entered in separate answer fields. When the SP reports multiple amounts for a single water type, enter each amount separately (up to 10 amounts are allowed).

**Step 1** – Record the amount consumed (e.g., 1, 5, etc) in the amount column of the table. You may use fractions (e.g., 1/2, 1/4, 1/3) or decimals (.5, 1.5, .3) to record the amounts reported. However, when using a number with fractions, be sure to leave a space between the number and the fraction (e.g., 3 1/2), otherwise it will be coded as “31 halves”. After you record the amount consumed, press ENTER. The screen will display the different units of measurement for carbonated water.

Exhibit 6-91. Carbonated water screen—Amount question



**Step 2** – Record the unit of measurement (cup, fluid ounce, bottle, etc.) the SP reports in the unit column.

Exhibit 6-92. Carbonated water screen—Unit question

Blaise Data Entry - N:\csfiitst\CSFII\_NHANES\Testing\Instruments\Intake

Forms Answer Navigate Options Help

Intake | Sorted\_RPL |

154 (15, M), 11.001 IN, 04.001 (0) 0-0

How much of the Clearly Canadian did you actually drink?

[IF R REPORTS MORE THAN ONE AMOUNT [e.g. "I drank 1/2 cup of water with my pills and 16 fluid ounces at lunch."]. ENTER THE FIRST AMOUNT NOW.]

1. TEASPOON       9. 12 FLUID OUNCE CAN       15. 16 FLUID OUNCE BOTTLE       22. G3  
 2. TABLESPOON       10. CAN       16. 20 FLUID OUNCE BOTTLE       23. G4  
 3. CUP       11. 6.5 FLUID OUNCE BOTTLE       17. 25 FLUID OUNCE BOTTLE       24. G5  
 4. FLUID OUNCE       12. 8 FLUID OUNCE BOTTLE       18. 33 FLUID OUNCE BOTTLE       25. G6  
 5. QUART       13. 10 FLUID OUNCE BOTTLE       19. BOTTLE       26. G7  
 6. GALLON       14. 11 FLUID OUNCE BOTTLE       20. G1       27. G8  
 7. MILLILITER       21. G2       28. MG1  
 8. LITER       29. MG2  
 30. MG3  
 91. OTHER, SPECIFY

Amount	Unit	Other, Specify	Level	LevelOS	BotSz	Unit	BotSz	UnitOS	BotSz, Amt
REC190(1)									

Allow the respondents to report in the type of measure(s) that works best for them. There is no preferred way. However, depending on the response you enter, you may need to ask the respondent some follow-up questions. Following is the sequence for each response:

- If you select any response item from “Teaspoon” to “33 fluid ounce bottle”, no follow-up questions are asked. The program will ask the amount question for that particular kind of water a second time. When additional amounts of that water are reported, enter in the same way. If the SP does not report additional amounts for that water, press ENTER to take you to the questions for the next carbonated water reported. If there are no more carbonated waters listed, the AMPM will take you to the questions about plain drinking water.

- If you select response item “Bottle”, you will see a follow-up question about the size of the bottle the SP drank. A list of volume measures (Fluid Ounce, Milliliter, and Liter) and common bottle sizes (e.g., 10 Fluid Ounce Bottle, 20 Fluid Ounce Bottle) will be displayed in the response choice pane.

Exhibit 6-93. Carbonated water screen—Bottle unit question

The screenshot shows the Blaise Data Entry application window. The title bar reads "Blaise Data Entry C:\CSFBI\_NHANES\Testing\Instruments\Intake". The menu bar includes "Forms", "Answer", "Navigate", "Options", and "Help". The toolbar contains icons for file operations and navigation. The main window displays the following text:

John (34, F) I2.001.IN.01.004 (F) 111-4444

How much of the carbonated water did you actually drink?

[IF R REPORTS MORE THAN ONE AMOUNT (e.g. "I drank 1/2 cup of water with my pills and 16 fluid ounces at lunch."), ENTER THE FIRST AMOUNT NOW.]

The response choices are listed in a grid:

<input type="radio"/> 1. TEASPOON	<input type="radio"/> 9. 12 FLUID OUNCE CAN	<input type="radio"/> 15. 16 FLUID OUNCE BOTTLE	<input type="radio"/> 22. G3
<input type="radio"/> 2. TABLESPOON	<input type="radio"/> 10. CAN	<input type="radio"/> 16. 20 FLUID OUNCE BOTTLE	<input type="radio"/> 23. G4
<input type="radio"/> 3. CUP	<input type="radio"/> 11. 6.5 FLUID OUNCE BOTTLE	<input type="radio"/> 17. 25 FLUID OUNCE BOTTLE	<input type="radio"/> 24. G5
<input type="radio"/> 4. FLUID OUNCE	<input type="radio"/> 12. 8 FLUID OUNCE BOTTLE	<input type="radio"/> 18. 33 FLUID OUNCE BOTTLE	<input type="radio"/> 25. G6
<input type="radio"/> 5. QUART	<input type="radio"/> 13. 10 FLUID OUNCE BOTTLE	<input checked="" type="radio"/> 19. BOTTLE	<input type="radio"/> 26. G7
<input type="radio"/> 6. GALLON	<input type="radio"/> 14. 11 FLUID OUNCE BOTTLE	<input type="radio"/> 20. G1	<input type="radio"/> 27. G8
<input type="radio"/> 7. MILLILITER		<input type="radio"/> 21. G2	<input type="radio"/> 28. MG1
<input type="radio"/> 8. LITER			<input type="radio"/> 29. MG2
			<input type="radio"/> 30. MG3
			<input type="radio"/> 91. OTHER, SPECIFY

At the bottom, there is a data entry table with columns: Amount, Unit, Other, Specify, Level, LevelOS, BotSelUnit, BotSelUnitOS, and BotSelUnit. The first row shows "REC190(1)" in the Amount column and "1" in the Unit column.

- If the amount the respondent reported does not correspond to the common bottle sizes listed, select “Fluid Ounce”, “Quart”, “Gallon”, “Milliliter” or “Liter” depending on which unit of measure the respondent reported. Then, record the amount the SP drank in the **BotSzAmt** column. In the example below, the respondent reported drinking a 12 fluid-ounce bottle.

Exhibit 6-94. Carbonated water screen—Bottle unit size question

Blaise Data Entry - C:\CSF\NHANES\Testing\Instruments\Intake

File Edit View Navigate Options Help

Intake | Sorted\_PFL |

John (32, F) I2.001 IN.01.006 (111) 666-7777

What was the size of the bottle?

Amount	Unit	Other, Specify	Level	Level05	BotSzUnit/BotSzUnit05	BotSzAmt
1	15				1	12

Start | Drafts... | MEC D... | peiera... | Blais... | untitled... | 6:15 AM

- If the SP reported the amount consumed using a vessel, (for example, glasses, mugs, bowls), the follow-up screen shown below will appear. You will ask for the level line for the food model, just as you do during the intake portion of the interview.

Exhibit 6-95. Carbonated water screen—Vessel unit level

The screenshot shows a software window titled "Blaise Data Entry - IIRK8\VOL803\csf\its\Pilot2-Trailers\Instruments\TRAILERS". The window contains a form with the following elements:

- Menu bar: Forms, Answer, Navigate, Options, Help
- Toolbar: Various icons for file operations and navigation.
- Text area: "Sample (52, M), E1.001.TR.01.001 [301] 595-1515"
- Question: "To what level?"
- Radio button options:
  - 1. A
  - 2. B
  - 3. C
  - 4. D
  - 91. OTHER, SPECIFY
- Data table at the bottom:
 

	Amount	Unit	Other, Specify	Model Level	Model Level OS	Bot Sol Unit	Bot Sol Unit OS
TRA045[1]	1	17		<input type="checkbox"/>			
TRA045[2]							

If the SPs report drinking the water to the “rim of the glass” (e.g., to the rim of G1), enter “91” for Other Specify and record the information in the text field.

Exhibit 6-69. Carbonated water screen—Vessel unit level OS

Amount	Unit	Other, Specify	ModelLevel	ModelLevelOS	BotSzUnit	BotSzUnitOS
1	22		91	to the rim		

Note that, for all water questions, respondents may report the quantity of water they drank separately (e.g., 1 cup, ¼ cup, and 1½ cups) or all together (2¾ cups). You may enter multiple amounts for each type of water reported. For example, if SP reports 1 16FO bottle of Perrier in the morning and 1 G8B later in the day, you will enter “1” as the amount and “16FO bottle” as the unit. Then enter “1” as the amount, “G8” as the unit and “B” as the level.

When you have finished entering the amount of carbonated water, press ENTER **twice** to continue.

**Tap Water Question.** This question asks the SPs about all of the tap water they consumed yesterday.

Exhibit 6-97. Tap water screen

Blaise Data Entry - \\IRK8\VOL803\csf\itst\Pilot2-Trailers\Instruments\TRAILERS

Forms Answer Navigate Options Help

Trainers

Sample (52, M), E1.001.TR.01.001 (301) 555-1515

Now let's talk about plain drinking water.

Did you drink any tap water yesterday, including filtered tap water and water from a drinking fountain?

[NOTE: DO NOT INCLUDE BOTTLED WATER OR WATER FROM A WATER COOLER.]

[READ AS NEEDED: A water cooler dispenses water from a large bottle.]

1. YES

2. NO

TPATapWt:

Tap water includes the following:

- Water from the tap or faucet regardless of the original source;
- Water from a drinking fountain that dispenses water from a fountain and not a large bottle such as a water cooler.
- Water served in restaurants or other food service establishments that was not bottled;
- Tap water that has passed through a water filter (e.g., Brita); and
- Tap water with lemon or lime added.

Tap water DOES NOT include:

- Water used in making coffee, tea, or other drink mixes;
- Water used to dilute other beverages;
- Bottled water (e.g., Evian); and
- Water from a water cooler which dispenses water from a large bottle.

Notice on this screen that there is an interviewer instruction that you may read to remind the respondent not to include bottled water and water from a cooler. You may also need to define water from a “water cooler” by reading the explanation on the screen.

There are two response options to this question. Select “1” (YES) if the SP reports drinking plain water yesterday, or “2” (NO) if the SP didn’t drink any plain water. If you select “1,” the AMPM program will take you to the next screen to collect the amount of plain water the SP drank. If you select “2,” you will go to the bottled water questions.

***Amount of Plain Drinking Water*** – This question asks the SPs to estimate the total amount of plain drinking water they actually drank yesterday. SPs can either report amounts as individual consumptions or estimate the total volume consumed over the course of the day.

The AMPM allows the SP to report the consumption of 10 different amounts of drinking water. Encourage SPs to think about their day and all the different occasions when they had tap water. Then have them report each amount separately. For example, suppose an SP remembered drinking ¼ cup of water with medication in the morning, 12 fluid ounces with lunch, and 1 cup with dinner. You would record ¼ cup on the first line, then record 12 fluid ounces on the second line, and 1 cup on the third line.

You will enter each tap water amount exactly like the carbonated water amounts. Record the amount consumed in the column labeled “amount,” and then press ENTER. The next screen will display the different units for plain drinking water. Record the unit the SP reports in the field below the column labeled “unit.”

Allow the respondents to report in the type of measure(s) that works best for them. There is no preferred way. However, follow-up questions may appear depending on which unit the respondent reports.

You will not ask any follow-up questions if you select any unit from “teaspoon” to “liter”. Instead, the AMPM will take you to the next amount of tap water the respondent reported. If the SP reported the amount consumed using the glasses and mugs, you will ask a follow-up question about the level line of the vessels.

When you finish entering the amount of tap water, press ENTER **twice** to continue to the next question.

Exhibit 6-98. Tap water screen—Amount question

The screenshot shows a window titled "Blaise Data Entry - N:\csfi\st\CSFII\_NHANES\Testing\Instruments\Intake". The window has a menu bar with "Forms", "Answer", "Navigate", "Options", and "Help". Below the menu bar is a toolbar with several icons. The main area of the window displays the following text:

154 (15, M), 11.001, 14.04.001 (0) 0-0

How much tap water did you drink yesterday?

[IF R REPORTS MORE THAN ONE AMOUNT (e.g. "I drank 1/2 cup of water with my pills and 16 fluid ounces at lunch."). ENTER THE FIRST AMOUNT NOW.]

UNIT OPTIONS:

TEASPOON, TABLESPOON, CUP  
FLUID OUNCE, QUART, GALLON  
MILLILITER, LITER  
G1-G8  
MG1-MG3  
OTHER, SPECIFY

At the bottom of the window is a data entry table with the following columns: "Amount", "Unit", "Other, Specify", "ModelLevel", and "ModelLevelDS". The "Amount" column contains the text "REC240(1)" and an empty input box.

Amount	Unit	Other, Specify	ModelLevel	ModelLevelDS
REC240(1)	<input type="text"/>			

**Source of Plain Drinking Water** – This question asks the SPs to report the main source of tap water.

Exhibit 6-99. Tap water screen—Source question

Blaise Data Entry - \\IRK8\VOL803\csfi\st\Pilot2-Trailers\Instruments\TRAILERS

Forms Answer Navigate Options Help

Trailer

Sample (52, M), E1.001.TR.01.001 (301) 555-1515

Was the main source of the tap water you drank yesterday the community water supply, a well or rain cistern, a spring, or something else?

[RECORD Drinking fountain AS COMMUNITY WATER SUPPLY.]

1. COMMUNITY WATER SUPPLY

2. WELL OR RAIN CISTERN

3. SPRING

91. OTHER, SPECIFY

TRATapWtrSource

TRATapWtrSourceOS

TRABoldWtr

There are three response items for the source of plain drinking water:

- A **community water supply** is also called “city water,” “public water,” “municipal water,” and in rural areas it may be called water from a “rural water district.” “Drinking fountain” is also considered a community water supply.
- A **well or rain cistern** is a well or tank, usually underground, in which rainwater is collected for use.
- A **spring** includes a public or private spring.

If respondents answer with more than one source, probe for the main source. If respondents answer with a location such as “school or work,” type “91” (Other, Specify) and record the response in the blank text field.

If respondents report bottled water or water from a water cooler, let them know that you will ask about those types of water next.

After you select the type of plain drinking water, press ENTER to continue.

**Bottled Water Question.** This question asks about plain bottled water or water from a water cooler. There are follow-up questions, depending on how the respondent reports.

Exhibit 6-100. Bottled water screen

The screenshot shows a software window titled "Blaise Data Entry - \\IRK8\VOL803\csfiitst\Pilot2-Trailers\Instruments\TRAILERS". The window has a menu bar with "Forms", "Answer", "Navigate", "Options", and "Help". Below the menu bar is a toolbar with various icons. The main area of the window displays the following text:

Trailer: |

Sample (52, 4), E1.001.TR.01.001 (301) 555-1515

Did you drink any plain water yesterday that was bottled or from a water cooler?

[NOTE: DO NOT INCLUDE CARBONATED BOTTLED WATER SUCH AS PERRIER.]

[READ AS NEEDED: A water cooler dispenses water from a large bottle.]

1. YES

2. NO

At the bottom of the window, there are several data entry fields:

TRATapWtrSource  CommunityWaterSupp

TRATapWtrSourceOS

TRABotdWtr

Plain bottled water includes:

- Plain noncarbonated water such as spring water or other water that is sold in a store (e.g., Evian);
- Plain noncarbonated bottled water with lemon or lime added; and
- Water from a water cooler (e.g. a Poland Springs water cooler in an office).

Bottled water DOES NOT include:

- Plain noncarbonated water that came from the tap and was bottled by the respondent;
- Filtered tap water (e.g., Brita); and
- Carbonated water.

There are two response options to this question. Select “1” (YES) if the SP reports drinking plain bottled water, or “2” (NO) if the SP reports not drinking any plain water. If you select “1,” the instrument will take you to the next screen to collect the amount of plain bottled water the SP drank. If you select “2” it will take you to the next series of questions.

***Amount of Bottled Water*** – This question asks the respondents to estimate the total amount of bottled water they actually drank yesterday.

As with plain drinking water, SPs may report up to 10 different amounts of drinking water. Encourage SPs to think about their day and all the different occasions when they drank bottled water. Then have them report each amount separately or give a total amount.

You will record the response to this question exactly like carbonated water. Record the amount consumed (e.g., ½, 2, 3 ¾, 4.5) in the amount field and then press ENTER. The following screen will display the different units of measurement for bottled water. Record the unit of measurement (e.g., cup, fluid ounce, bottle) the respondent reports in the unit column.

A total of 25 different units are displayed on the screen. You may need to ask follow-up questions depending on which unit of measurement the respondent reports.

- If you select any number from “1” (teaspoon) to “13” (33 fluid ounce bottle) and then press ENTER, the AMPM program will skip you to the next bottled water amount the respondent reported. If this was the last bottled water, you will skip to the questions about salt consumption.
- If you select “14” (bottle), you will ask a follow-up question about the size of the bottle the SP drank. A list of volume measures (Fluid Ounce, Milliliter and Liter) and common bottle sizes (e.g., 10 fluid ounce bottle, 20 fluid ounce bottle) will be displayed on the top half of the screen.

Record the number in the column labeled BotSzUnit.

If the amount the respondent reports does not correspond to the common bottle sizes listed (response items “4” to “8”), select “1” (Fluid Ounce), “2” (Milliliter) or “3” (Liter) depending on which unit of measure the SP reports. Then, you will need to record the amount the SP drank in the blank field in the column labeled BotSzAmt.

- If the SP reports the amount consumed using the models, you will ask a follow-up question about the level line for the models. There are four fill-levels for the models.

When you finish entering all the reported amounts of bottled water, press ENTER **twice** to continue to the table salt question.

### 6.9.3 Salt Use Questions

These questions are only asked during the MEC In-Person. They ask the SPs about the use of “salt.” The questions specifically ask about salt added **at the table** and also during food preparation and refer to **usual behavior**.

After you have read this introduction screen, you will ask the SPs about the type of salt they **usually** add to their food **at the table**.

There are four response items for the type of table salt used. The first three refer to different types of salt. Select “1” (Ordinary/Table Salt, Seasoned Salt or Other Flavored Salt), “2” (Lite Salt), or “3” (Salt Substitute) depending on the type of salt the SP reports usually consuming. Select “4” (None) if the SP reports never adding salt at the table. If you select “4,” the AMPM program will skip you to the next series of questions.

Exhibit 101. Salt screen—Type question

The screenshot shows a software window titled "Blaise Data Entry - \\IRK8\VOL803\csf\itst\Pilot2-Trailers\Instruments\TRAILERS". The window has a menu bar with "Forms", "Answer", "Navigate", "Options", and "Help". Below the menu bar is a toolbar with various icons. The main content area displays the following text:

Trailer |  
Sample (52, M), E1.001.TR.01.001 (301) 555-1515  
Now I'll be asking some questions about your use of table salt.  
What type of salt do you usually add to your food at the table? Would you say it is ordinary or seasoned salt, lite salt, or a salt substitute?

Below the question is a list of radio button options:

- 1. ORDINARY, SEA, SEASONED, OR OTHER FLAVORED SALT
- 2. LITE SALT
- 3. SALT SUBSTITUTE
- 4. NONE
- 91. OTHER, SPECIFY

At the bottom of the window, there are three data entry fields:

- TRATypeTableSalt
- TRATypeTableSalt05
- TRAFreqAddTableSalt

In case a respondent is having difficulty answering this question, use the following guidelines:

- If an SP says “I use both ordinary and lite salt at the table,” probe as to which is used most often.
- If the SP reports using two types of salt equally, for example both “ordinary salt” and “lite salt,” type “91” (Other, Specify) and record the response in the blank text field.
- If, after probing, the SP does not know the type of salt (e.g., because the spouse does all the shopping and puts something in the salt shaker), press the F8 function key (Don’t Know).
- If the SP is not sure that the product used was salt, type “91” (Other, Specify) and record the response in the blank text field. For example, record “uses Mrs. Dash.”

**Frequency of Salt Use at the Table.** For SPs who reported adding salt to their food **at the table**, you will ask a follow-up question about how frequently they added salt.

Exhibit 6-102. Salt screen—At table frequency question

The screenshot shows a software window titled "Blaise Data Entry - \\IRK8\VOL803\csfi\st\Pilot2-Trailers\Instruments\TRAILERS". The window has a menu bar with "Forms", "Answer", "Navigate", "Options", and "Help". Below the menu bar is a toolbar with various icons. The main area of the window displays the following text:

Trailer |  
Sample (S2, M), E1.001.TR.01.001 (301) 595-1515

How often do you add ordinary, sea, seasoned, or other flavored salt to your food **at the table**? Is it rarely, occasionally, or very often?

1. RARELY  
 2. OCCASIONALLY  
 3. VERY OFTEN

At the bottom of the window, there is a data entry area with the following fields:

TRATypeTableSalt	<input type="text" value="1"/>	OrdSeaSeasonedOth	<input type="text"/>
TRATypeTableSaltOS	<input type="text"/>		<input type="text"/>
TRAFreqAddTableSalt	<input type="text"/>		<input type="text"/>

There are three response options for this question—“Rarely,” “Occasionally,” and “Very Often.”

If SPs have difficulty deciding how frequently they add salt to their food, remind them that there is no right or wrong answer and to use their best judgment.

**Salt Use in Cooking.** This question asks SPs about how often salt is used in **cooking or preparing foods** in the home. Do not include foods prepared outside the home.

Notice on the screen that there is an interviewer instruction that you may read to remind the respondent that this question is only about **ordinary salt** or **seasoned salt** and not about lite salt or salt substitutes, such as Mrs. Dash.

Exhibit 6-103. Salt screen—In preparation frequency question

Blaise Data Entry - \\IRK8\VOL803\csfiitst\Pilot2-Trailers\Instruments\TRAILERS

Forms Answer Navigate Options Help

Trailer

Sample (52, 9), E1.001.TR.01.001 (301) 555-1515

How often is ordinary salt or seasoned salt added in **cooking or preparing** foods in your household? Is it never, rarely, occasionally, or very often?

[THIS QUESTION APPLIES ONLY TO USE OF **ORDINARY SALT** OR **SEASONED SALT** AND **NOT** TO LITE SALT OR SALT SUBSTITUTES.]

1. NEVER  
 2. RARELY  
 3. OCCASIONALLY  
 4. VERY OFTEN

TRATypeTableSaltOS  
TRAFreqAddTableSalt 2 **Occasionally**  
TRAFreqAddSaltCookPr

There are four response options for this question—“Never,” “Rarely,” “Occasionally,” and “Very Often.” Let them decide. If respondents ask you to define the terms, answer that there are no set definitions, that the SP’s judgement is fine.

#### 6.9.4 Following a Special Diet

This question is only asked at the MEC In-Person interview. It asks respondents if they are **currently** following a special diet. Do not record previous diets; only record diets the SP is currently on. The meaning of “diet” refers to a conscious change in the foods and/or beverages the SP is consuming. Either the **amount** (e.g., eating half the portion size) and/or the **kinds** of items (e.g., eating lower fat foods or foods high in fiber) may be consciously changed to constitute a “diet.”

Exhibit 6-104. Special diet screen

The screenshot shows a software window titled "Blaise Data Entry - IIRK8\VOL803\icsfiitst\Pilot2-Trailers\Instruments\TRAILERS". The window has a menu bar with "Forms", "Answer", "Navigate", "Options", and "Help". Below the menu bar is a toolbar with various icons. The main content area displays the question: "Are you **currently** on any kind of diet, either to lose weight or for some other health-related reason?". Below the question are two radio button options: "1. YES" (which is selected) and "2. NO". At the bottom of the window is a list of variables: "TRAHowTriedLoseWeight", "TRAHowTriedLoseWeight", "TRAHowTriedLoseWeight", "TRASpecialDiet" (with a value of 1), "TRASpecialDietType", "TRASpecialDietTypeOS[1]", "TRASpecialDietTypeOS[2]", "TRASpecialDietTypeOS[3]", "TRASpecialDietTypeOS[4]", and "TRASpecialDietTypeOS[5]".

Special diet includes diets:

- To lose weight;
- To train for a sporting event;
- Prescribed by a physician (e.g., low allergy diet);
- Self-prescribed (e.g., to build muscles, to lower cholesterol); or
- Advocated by the media for weight loss or other reasons, such as cancer and general health (e.g., Macrobiotic diet or T-Zone diet).

Special diet DOES NOT include:

- Diets prohibiting certain foods because of a religious belief:
  - Jewish (e.g., no pork, eating Kosher),
  - Islamic (e.g., no pork, no alcohol),
  - Mormon (e.g., no caffeine, no alcohol), or
  - Hindu (e.g., no beef).
- Eating patterns followed because of a religious holiday:
  - Lent,
  - Ramadan, or
  - Passover; and,
  - Vegetarian diets.

There are two response items to this question. Select “1” for YES or “2” for NO. If you select “1,” the AMPM program will take you to the next screen to collect the type of special diet the SP is following. If you select “2” you will skip over the Type of Special Diet question.

If a SP reports following a diet because her spouse is on one, she is NOT “following a diet to lose weight or for some other health-related reason.” The question is asking if the SP has her **own** reason for following a diet. In this case, select “2” for a NO response.

**Type of Special Diet.** This question is only asked of respondents who report being on a special diet. The question asks respondents to identify **all** the diets they are following.

Exhibit 6-105. Special diet—Type question

Blaise Data Entry - \\RK8\VOL803\csfiitst\Pilot2-Trailers\Instruments\TRAILERS

Forms Answer Navigate Options Help

Trailers

Sample (52, 91) E1.001.TR.01.001 (301) 555-1515

What kind of diet are you on? (Is it a weight loss or low calorie diet; low fat or cholesterol diet; low salt or sodium diet; sugar free or low sugar diet; low fiber diet; high fiber diet; diabetic diet; or another type of diet?)

1. WEIGHT LOSS OR LOW CALORIE DIET     3. LOW SALT OR SODIUM DIET     6. HIGH FIBER DIET  
 2. LOW FAT OR CHOLESTEROL DIET     4. SUGAR FREE OR LOW SUGAR DIET     7. DIABETIC DIET  
 5. LOW FIBER DIET     91. OTHER, SPECIFY

TRASHowTriedLosew/weight  
TRASHowTriedLosew/weight  
TRASHowTriedLosew/weight  
TRASpecialDiet 1  
TRASpecialDietType 1  
TRASpecialDietTypeOS[1]  
TRASpecialDietTypeOS[2]  
TRASpecialDietTypeOS[3]  
TRASpecialDietTypeOS[4]  
TRASpecialDietTypeOS[5]

There are seven response items to this question. Whenever possible, ask the respondents to classify the type of diet they are following into one of the seven categories. For example, Dr. Atkins diet or the Scarsdale diet may be followed for either weight loss purposes or for improving general health. Do not make assumptions for the respondents; rather, let them tell you the reasons behind following the diet.

Following are some examples of how to categorize special diets.

- A Weight Loss or Low Calorie Diet (“1”) would include:
  - Diet shakes such as Ultra Slim Fast
  - Richard Simmons Diets
  - Weight Watchers
  - Nutra-System
  - Hollywood Diet

- A Low Fat or Cholesterol Diet (“2”) would include:
  - The 8-Week Cholesterol Cure Diet
  - Fat Buster Diet
  - Dean Ornish’s Low Cholesterol Program
- A Low Salt or Low Sodium Diet (“3”) would include:
  - Diet to lower blood pressure or hypertension
- A Sugar Free or Low Sugar Diet (“4”) may also be called:
  - Low carbohydrate diet
- A Low Fiber Diet (“5”) may also be called:
  - Low residue diet
- A High Fiber Diet (“6”) may also be called:
  - High residue diet
- A Diabetic Diet (“7”) may also be called:
  - Low carbohydrate diet
  - Gestational diabetic diets: Mothers who are pregnant and have gestational diabetes (diabetes during pregnancy) often follow a diabetic diet.

Notice the boxes to the left of the responses indicate that more than one answer may be entered for this question (Code All That Apply). For example, a SP may report following the Fat Buster to lower cholesterol and to lose weight. In this case, type “1-2” for Weight Loss/Low Calorie Diet (“1”) and for Low Fat/Low Cholesterol Diet (“2”).

Exhibit 6-106. Special diet—Code all that apply (CATA) responses

The screenshot shows a data entry window with the following content:

Blaise Data Entry - \\RK8\VOL803\csfiitst\Pilot2-Trailers\Instruments\TRAILERS

Forms Answer Navigate Options Help

Trainers

Sample (52, M), E1.001.TR.01.001 (301) 555-1515

What kind of diet are you on? (Is it a weight loss or low calorie diet; low fat or cholesterol diet; low salt or sodium diet; sugar free or low sugar diet; low fiber diet; high fiber diet; diabetic diet; or another type of diet?)

<input checked="" type="checkbox"/> 1. WEIGHT LOSS OR LOW CALORIE DIET	<input type="checkbox"/> 3. LOW SALT OR SODIUM DIET	<input checked="" type="checkbox"/> 6. HIGH FIBER DIET
<input type="checkbox"/> 2. LOW FAT OR CHOLESTEROL DIET	<input checked="" type="checkbox"/> 4. SUGAR FREE OR LOW-SUGAR DIET	<input type="checkbox"/> 7. DIABETIC DIET
<input type="checkbox"/> 5. LOW FIBER DIET	<input type="checkbox"/> 91. OTHER, SPECIFY	

TRASpecialDietType

TRASpecialDietTypeOS[1]

TRASpecialDietTypeOS[2]

TRASpecialDietTypeOS[3]

TRASpecialDietTypeOS[4]

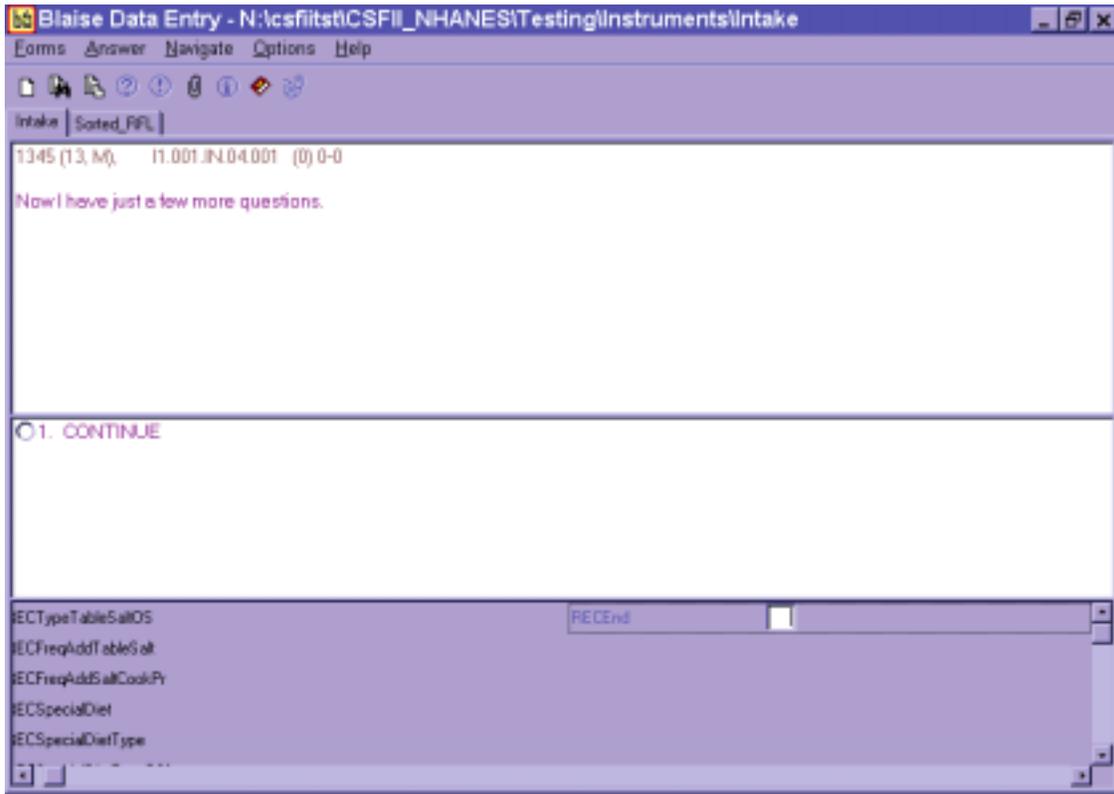
TRASpecialDietTypeOS[5]

If the SP reports a type of diet that is not listed on the screen (i.e., Low Allergy Diet) record “91” (Other, Specify) and type the response in the blank text field.

Although it is rare that a young child would be on a special diet, even the youngest infant may be on special formulas for health-related reasons, such as milk allergies or to gain weight. For example, if a baby is given a special formula such as Nutramigen because of allergies to human’s or cow’s milk, the respondent may consider this a special diet. In this case, type “91” (Other, Specify) and record the diet in the blank text field.

When you complete the intake, the following screen will appear for MEC In-Person intakes. Enter '1' then save the interview and continue to the Dietary Recall Section Status screen.

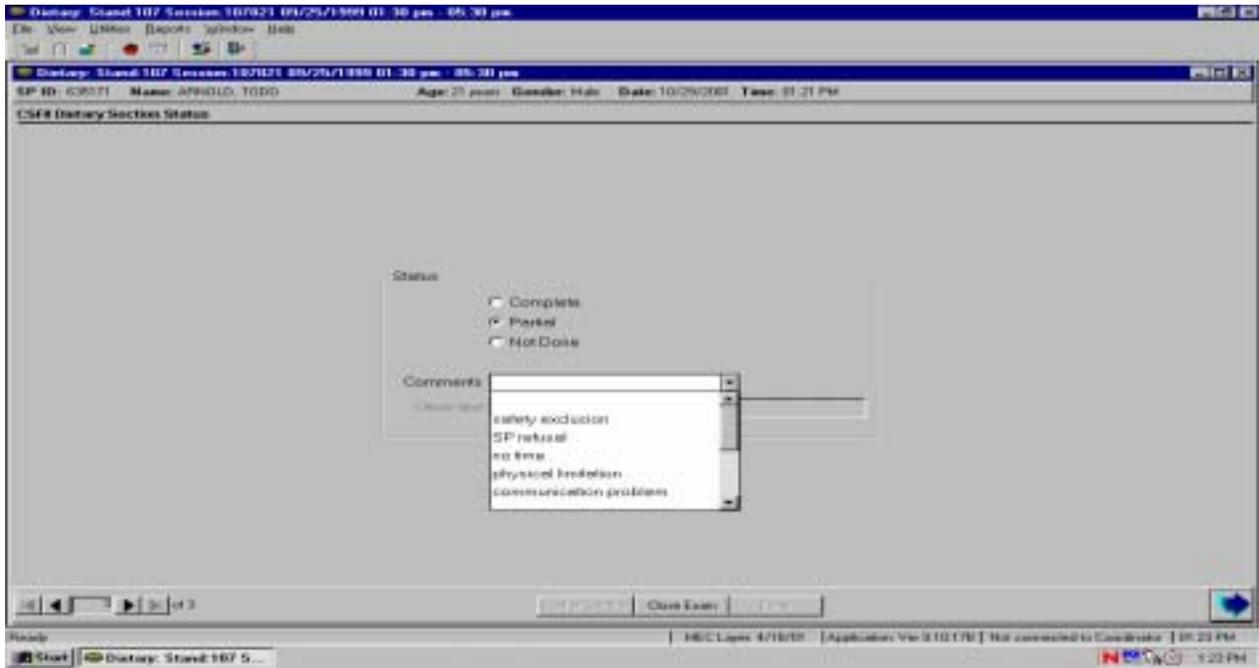
Exhibit 6-107. Final dietary recall screen



## 6.10 Dietary Recall Section Status

This screen indicates the status of Section 1, the dietary recall section of the interview. When you arrive at this screen, the interview status will indicate “Partial,” “Not Done,” or “Complete.” If the status is “complete,” continue to the Post-Recall Section.

Exhibit 6-108. Dietary recall section status screen



The screenshot shows a software interface for the Dietary Recall Section Status. At the top, there is a header bar with the text "Dietary - Stand 107 Section 107923 01/29/1999 01:30 pm - 05:30 pm". Below this, a sub-header bar displays patient information: "SP ID: 03071 Name: AFRILLO, TODD Age: 21 years Gender: Male Date: 10/29/2001 Time: 01:21 PM". The main content area is titled "CSF Dietary Section Status". It features a "Status" section with three radio buttons: "Complete", "Partial", and "Not Done". The "Partial" option is selected. Below the status section is a "Comments" field with a drop-down menu. The drop-down menu is open, showing a list of reasons for partial intakes: "safety exclusion", "SF refusal", "no time", "physical limitation", and "communication problem". At the bottom of the screen, there is a footer bar with the text "MSCLayer: 4/18/01 Application: Ver 3.10.178 Not connected to CaseTracker 10/29/01 1:22 PM".

If the status is “partial” or “Not done,” you must enter a reason in the Comments field. Click on the drop down menu for a list of reasons for partial intakes.

The comment codes you can choose from are:

Safety exclusion	SP ill/emergency
SP refusal	Interrupted
No time	Proxy no information
Physical limitation	Needs DR (Data Retrieval)
Communication problem	Other, specify
Equipment failure	

If you choose “Other, specify,” the “Other” field will open and you must type an appropriate comment.

Exhibit 6-109. Dietary recall section status screen—Comment codes

The screenshot shows a software window titled "Dietary Recall : Stand. 301 Session: 301391 13-Apr-1998 08:30 am - 12:30 pm". The window has a menu bar with "File", "View", "Utilities", "Reports", "Window", and "Help". Below the menu bar is a toolbar with various icons. The main content area is titled "Dietary Subsystem" and displays patient information: "SP ID: 567449", "Name: Johnson, Louise Anderson", "Age: 40 years", "Gender: F", "Date: 4/24/98", and "Time: 03:20 PM". The section is titled "Dietary Recall Section Status".

Under the "Status" heading, there are three radio buttons: "Complete", "Partial" (which is selected), and "Not Done". Below these is a "Comments:" label followed by a dropdown menu showing "other, specify". Underneath the dropdown is an "Other:" label followed by a text input field containing the text "Frequent interruptions: noise from hall".

At the bottom of the window, there is a navigation bar with left and right arrow buttons, a "23" indicator, and "of 23" text. There are also "Close" and "Print" buttons, and a blue arrow icon in the bottom right corner.

This completes the dietary recall portion of the exam.

## 7. CONDUCTING THE POST-RECALL QUESTIONS

This section of the manual contains a general introduction to the automated Post-Recall section, and detailed step-by-step instructions for conducting Section 2 of the interview, the Post-Recall questions. The format of this section is arranged so that a description of a screen is either preceded, or followed, by an example. These examples are usually a succession of screens demonstrating the function of that particular aspect of the automated system.

### 7.1 General Overview of the Post-Recall Section

After you have confirmed the status of Section 1, you will continue the interview with a short series of Post-Recall questions. The first screen asks about the SP's consumption of fish and shellfish, the second screen asks food security questions, and the third screen contains questions about a child SP's recent health. These questions are followed by screens that introduce and schedule the Phone Follow-up interview. This is followed by a screen of observation questions that you will complete about the interview.

#### The Post-Recall Questions

The **fish/shellfish questions** will only be asked of SPs 1-5 years old and females 16-49 years old. The questions ask whether the SP consumed fish/shellfish in the last 30 days and if so, the types and quantities.

The **food security questions** are asked of SPs 16 years or older and children under 12 years old. They are based on responses to questions in the family questionnaire, answered during the household interview.

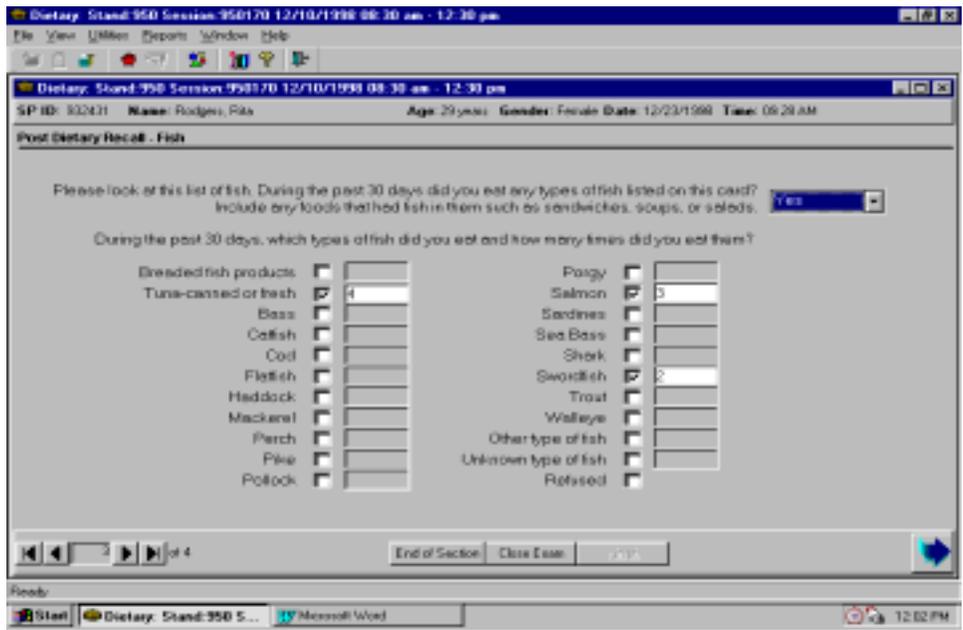
The **recent health questions** are asked of SPs 1-11 years old and include three questions about whether they have been sick with head or chest colds; stomach or intestinal illnesses; or flu, pneumonia, or ear infections in the last 30 days.

The **observation questions** document your observations about the interview. They include questions that identify language used, the main respondent, and who helped; and ask whether there was difficulty with the interview, and if so, reasons for the difficulty.

## **7.2 Fish and Shellfish Questions**

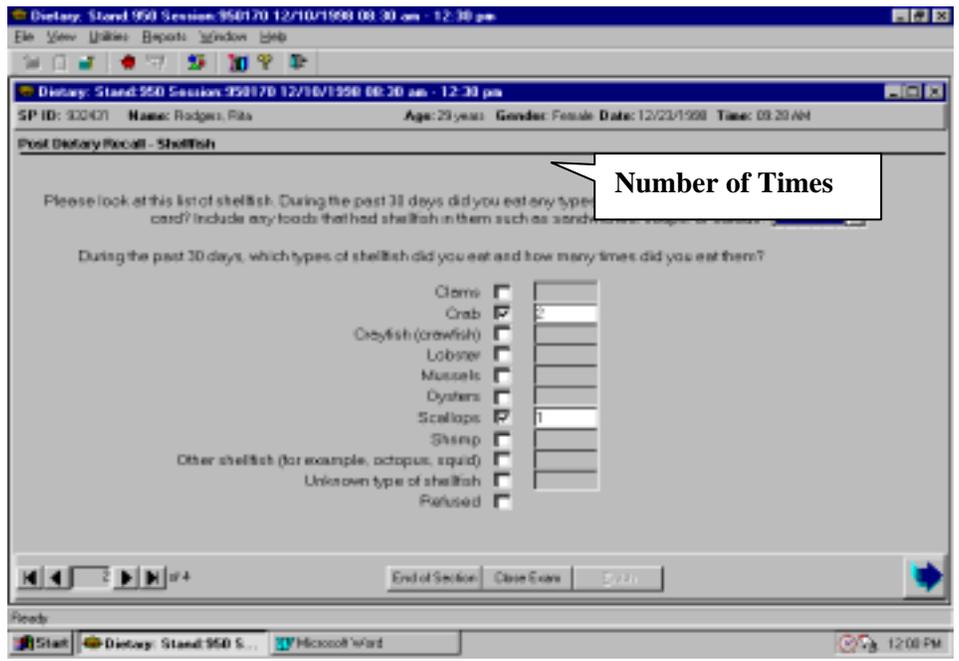
These questions will only be asked of children 1-5 years old and females 16-49 years old. The first screen asks about fish. You will record how often the SP ate fish during the past month. Read the questions exactly as written. The “past month” refers to the last 30 days. If the SP reports that he did not eat any fish, you will enter “no” in the first field. If the SP reports eating fish, enter “Yes” in the first field and show the SP the handcard. Check each type of fish the SP reports eating, and then ask and record the number of times each type was eaten. If you enter a number greater than “9” a soft edit will appear that says “Please check that entry to confirm it was entered correctly.” Click on “OK” and either change the response or go to the next screen. You may read the responses aloud from the screen if you think the SP might have difficulty reading the handcard. Do not read the response “Refused.”

Exhibit 7-1. Fish screen



Enter the data in the same manner on the shellfish screen. Be sure the SP understands that he should not include the shellfish he reported on the previous screen.

Exhibit 7-2. Shellfish screen



### **7.3 Food Security Questions**

SPS under 12 years old and those 16 years and older are eligible to receive the food security questions depending on how a series of food security questions were answered in the household interview. There are two versions of questions – adult questions answered by SPs themselves, and child questions answered by the proxy for the child. All questions refer to the last 30 days. As you ask the questions, direct the respondent to the calendar handcard, pointing out the last 30 days, as opposed to the last month.

The first question in the adult version asks if the SP ever cut the size of their meals or skipped meals because there was not enough money for food. If the answer is “Yes,” you will follow up with a question asking how many days this happened in the last 30 days. If the SP refuses or doesn’t know the number of days, click on the DK or REF box and the response will be pre-filled with a code for don’t know or refused (77 or 99).

The second adult question asks if the SP ever ate less because there was not enough money for food, the third question asks if they were ever hungry but did not eat because they could not afford enough food, and the fourth question asks if they lost weight because there wasn’t enough money for food. The fifth question is only asked if SPs answered “Yes” to one or more of the first 4 questions. That question asks if they ever went a whole day without eating because there wasn’t enough money for food. If the response is “Yes,” a follow-on question asks how many times this happened in the last 30 days. If the SP refuses or doesn’t know the number of days, click on the DK or REF box and the response will be pre-filled with a code for don’t know or refused (77 or 99).

Exhibit 7-3. Adult food security questions screen

The screenshot shows a software window titled "Desktop: Stand 107 Session 187820 07/00/1990 08:30 am - 12:30 pm". The window contains a form titled "Proxy Recall Adult Food Security Questions". The form includes a header with patient information: "SP ID: 26380 Name: L. H. ADRIAN CHURCHER Age: 25 years Gender: Female Date: 05/25/2001 Time: 12:18 PM". Below this, a section titled "The next questions are about whether you were always able to afford enough food in the last 30 days." contains five questions, each with a dropdown menu and a follow-up question about frequency:

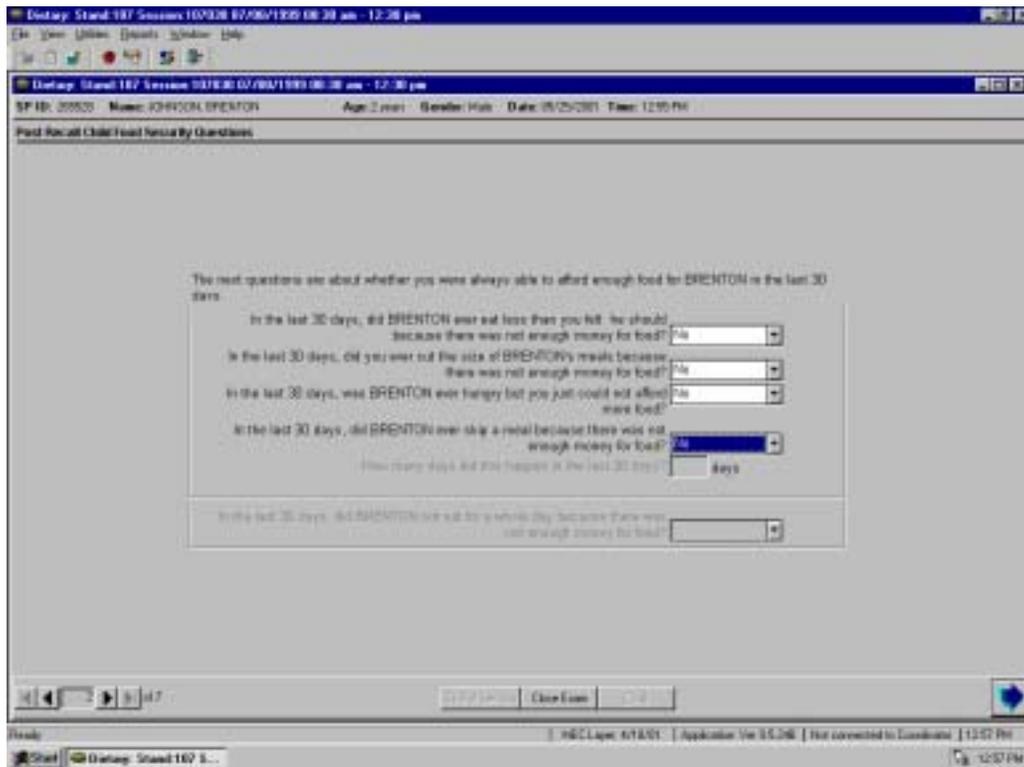
- Question 1: "In the last 30 days, did you ever cut the size of your meals or skip meals because there was not enough money for food?" (Dropdown: Yes) Follow-up: "How many days did this happen in the last 30 days?" (Input: 7 days)
- Question 2: "In the last 30 days, did you ever eat less than you felt you should because there was not enough money for food?" (Dropdown: No)
- Question 3: "In the last 30 days, were you ever hungry but did not eat because you could not afford enough food?" (Dropdown: No)
- Question 4: "In the last 30 days, did you lose weight because you did not have enough money for food?" (Dropdown: No)
- Question 5: "In the last 30 days, did you ever not eat for a whole day because there was not enough money for food?" (Dropdown: Yes) Follow-up: "How many times did this happen in the last 30 days?" (Input: 1 times)

The window also features a navigation bar at the bottom with buttons for "Previous", "Close Exam", and "Next", and a status bar at the very bottom showing "HEC Layer 4785P Application Ver 3.0.248 Not connected to Coordinator 12:00 PM".

The first question in the child version asks if the SP ever ate less because there was not enough money for food. The second question asks if the Proxy ever cut the size of the SPs meal because there was not enough money for food. The third question asks if the SP was ever hungry but they just could not afford more food. The child’s fourth question asks if the SP ever skipped a meal because there was not enough money for food. If the response is “Yes”, then a follow-on question asks how many days this happened in the last 30 days. The fifth child version question is also only asked if the Proxy answered “Yes” to one or more of the first 4 questions. If so, the Proxy is asked if the SP ever went a whole day without eating because there wasn’t enough money for food.

You may enter the answer to each question by typing “Y” for yes, “N” for no, “R” for refused, or “DK” for don’t know. You can also view the options by clicking on the down arrow and select by clicking on the answer you wish to enter into the field.

Exhibit 7-4. Child food security questions screen



#### 7.4 Child Recent Health Questions

The child recent health questions are administered to SPs, or the proxy of SPs, 1-11 years old. They are contained on one screen and consist of three questions that ask different aspects of the SP's health in the 30 days prior to the interview. The questions ask in sequence, about head or chest colds, stomach or intestinal illnesses and flu, pneumonia, and ear infections that started in the past 30 days. As you ask the questions, direct the respondent to the calendar handcard, pointing out the last 30 days as opposed to the last month. For example, if you are conducting an interview on February 15, explain that you are asking about the time since January 15, not since the beginning of February. You may enter the answer to each question by typing "Y" for yes, "N" for no, "R" for refused, or "DK" for don't know. You can also view the options by clicking on the down arrow and select by clicking on the answer you wish to enter into the field.

## Exhibit 7-5. Child recent health questions

The screenshot shows a software window titled "Datapoint Stand 107 Session 107400 08/14/1999 01:30 pm - 05:30 pm". Below the title bar, there is a menu bar with "File", "Data", "Reports", "Window", and "Help". The main window area contains the following text:

SP ID: 12625 Name: MURPHY, STEPH Age: 3 years Gender: Male Date: 08/11/2001 Time: 12:58 PM

Post-Recall Interview Screen

These next questions are about (your/RFA's) recent health during the 30 days outlined on the calendar.

Did (your/RFA) have a head cold or chest cold that started during those 30 days?

Did (your/RFA) have a stomach or intestinal illness with vomiting or diarrhea that started during those 30 days?

Did (your/RFA) have flu, pneumonia, or ear infections that started during those 30 days?

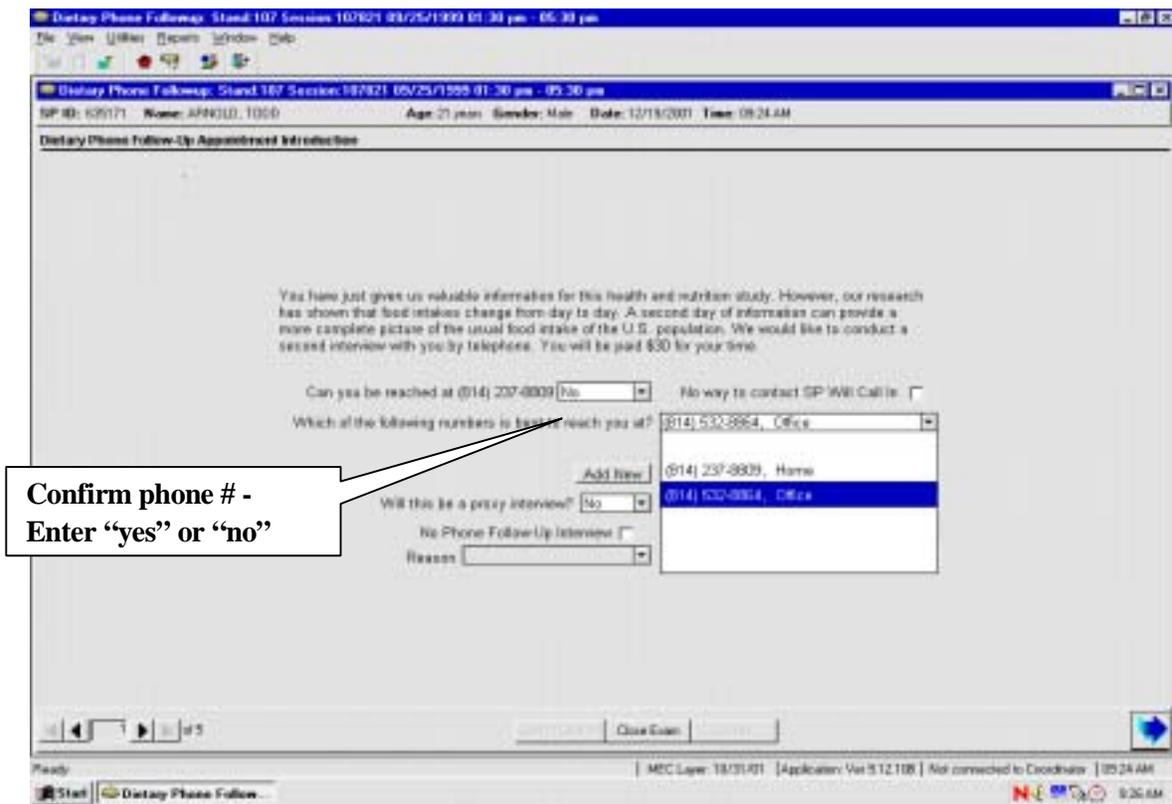
At the bottom of the window, there are navigation buttons: "Previous", "Close Interview", and "Next". The status bar at the very bottom shows "MEC/Learn 47000 | Application Ver 3.5.114 | Not connected to Coordinator | 12:58 PM".

### 7.5 Scheduling a Phone Follow-up Interview

Once you have completed the post-recall questions, you will schedule the SP for a phone follow-up interview. This section will go through the scheduling process, screen by screen.

**Introduce Phone Follow-Up Interview and verify telephone number.** The first screen introduces the SP to the importance of completing a second dietary interview by telephone. Read it exactly as written. If the SP agrees to be scheduled for the PFU, you will verify the telephone number by asking the question “Can you be reached at (prefilled phone number)?” If the number is verified, select “Yes.” If the answer is “No,” you may choose an alternate number from the picklist below the question: “Which of the following numbers is best to reach you at?” or add a number. If this SP is willing to participate in the PFU but does not have a phone for us to call, you will provide them the option of calling-in. The detailed procedures for adding a new phone number and for calling in are described in the following sections.

Exhibit 7-6. Dietary Phone Follow-up appointment introduction screen



**Add new number.** If the respondent provides a new number, you may add it to the database. Click on the “Add new” button shown below, and a new screen will come up to enter a new number.

Exhibit 7-7 (a). Adding a new contact number

The screenshot shows a web application window titled "Dietary: Stand 107 Session: 10/25/1999 01:30 pm - 05:30 pm". The main content area is titled "Dietary Phone Follow-Up Appointment Introduction" and contains the following text:

You have just given us valuable information for this health and nutrition study. However, our research has shown that food intake changes from day to day. A second day of information can provide a more complete picture of the usual food intake of the U.S. population. We would like to conduct a second interview with you by telephone. You will be paid \$30 for your time.

Can you be reached at (812) 321-0064 [dropdown] No way to contact SP: Will Call In: [checkbox]

the following numbers is best to reach you at? [dropdown]

[Add New] [button]

Will this be a proxy interview? Yes [dropdown] [dropdown]

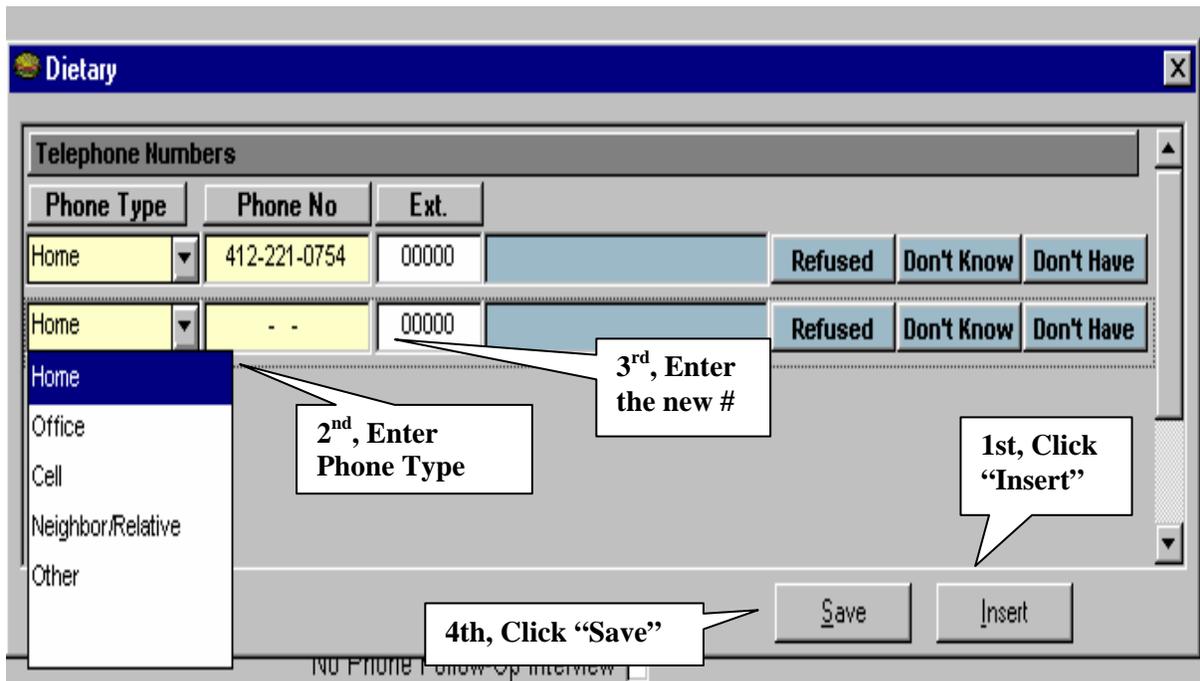
No Phone Follow-Up Interview [checkbox]

Reason [dropdown]

At the bottom of the window, there is a status bar with the text: "HEC Layer: A/10/01 | Application: Via 3/10/10 | Not connected to Coordinator | 12:57 PM".

Click on “Insert”, select the phone type from the picklist and then type in the new number. Click “Save” to store this new information in the system. The new number will display in the picklist on the previous Screen.

Exhibit 7-7 (b). Adding a new contact number



**No telephone.** If the SP is willing to participate in a telephone interview but has no phone for you to call them, you will check the “No way to contact SP will call in” box. The next screens will be the same as with SPs who will be called for the interview. The only difference is that no reminder call will be triggered for these SPs. The SP will be scheduled for an interview and given a 1-800 number to call.

Exhibit 7-8. No way to contact, SP will call in

Dietary Phone Follow-Up: Stand 107 Session 107021 09/25/1999 01:38 pm - 05:38 pm

SP ID: 625711 Name: AFRYDLO, 1000 Age: 27 years Gender: Male Date: 12/19/2001 Time: 09:24 AM

Dietary Phone Follow-Up Appointment Introduction

You have just given us valuable information for this health and nutrition study. However, our research has shown that food intakes change from day to day. A second day of information can provide a more complete picture of the usual food intake of the U.S. population. We would like to conduct a second interview with you by telephone. You will be paid \$30 for your time.

Can you be reached at (814) 207-8809:  No way to contact SP Will Call In:

Which of the following numbers is best to reach you at?

Will this be a proxy interview?

No Phone Follow-Up Interview

Reason:

- SP Refusal
- Language Problem
- Hearing Impairment
- No Phone - Won't Call In
- Other

Ready | MEC Layer: 10/21/01 | Application Ver: 3.12.100 | Not connected to Coordinator | 09:25 AM

**Proxy Interviews.** The application requires you to enter “yes” or “no” to the question, “Will this be a proxy interview?”. If you answer “yes”, a field opens to the right of the response where you will enter the proxy’s name.

Exhibit 7-9. Proxy interview

The screenshot shows a web application window titled "Dietary: Stand: 187 Session: 187823 05/25/1999 01:38 pm - 05:30 pm". The main content area displays a message: "You have just given us valuable information for this health and nutrition study. However, our research has shown that food intakes change from day to day. A second day of information can provide a more complete picture of the usual food intake of the U.S. population. We would like to conduct a second interview with you by telephone. You will be paid \$30 for your time." Below this message are several form fields: "Can you be reached at (412) 221-0764" with a dropdown menu, "No way to contact SP Will Call by" with a checkbox, "Which of the following numbers is best to reach you at?" with a dropdown menu and an "Add New" button, "Will this be a proxy interview?" with a dropdown menu set to "Yes" and a text input field labeled "Proxy field", "No Phone Follow-Up Interview" with a checkbox, and "Reason" with a dropdown menu. The bottom of the window shows a status bar with "MCC Layer: 4/18/01", "Application: Via 3/10/18", "Not connected to Coordinator", and "12:57 PM".

**SP refuses.** If an SP attempts to refuse the interview, you should be prepared to convince him/her of the importance of the interview. Say something like:

*We cannot ask everyone in the country to be in our study. You are special because you have been chosen to participate. No one else can take your place. We hope that you will help us with this interview. It will only take about 20 minutes, you will receive \$30 for participating, and it is such an important part of the health survey.*

If, after attempting to convert the SP, he/she still refuses, you will check the “No phone follow-up interview” box. This action enables a picklist from which you will select a reason for the refusal. The picklist options include: SP Refusal, Language Problem, Hearing Impaired, No Phone-Will

Not Call In, and Other. If you select “Other,” you must indicate an “Other” comment. After completing this screen, you will move to the Post-Recall Status screen.

Exhibit 7-10. No phone follow-up reasons

Dietary Phone Follow-Up: Stand 107 Session: 107021 09/25/1999 01:30 pm - 05:30 pm

File View Utilities Reports Window Help

Dietary Phone Follow-Up: Stand 107 Session: 107021 09/25/1999 01:30 pm - 05:30 pm

SP ID: 635171 Name: ARNOLD, TODD Age: 21 years Gender: Male Date: 12/15/2001 Time: 09:24 AM

Dietary Phone Follow-Up Appointment Introduction

You have just given us valuable information for this health and nutrition study. However, our research has shown that food intakes change from day to day. A second day of information can provide a more complete picture of the usual food intake of the U.S. population. We would like to conduct a second interview with you by telephone. You will be paid \$30 for your time.

Can you be reached at (314) 237-8809  No way to contact SP Will Call In

Which of the following numbers is best to reach you at?

Will this be a proxy interview?

No Phone Follow-Up Interview

Reason

- SP Refusal
- Language Problem
- Hearing Impairment
- No Phone - Won't Call In
- Other

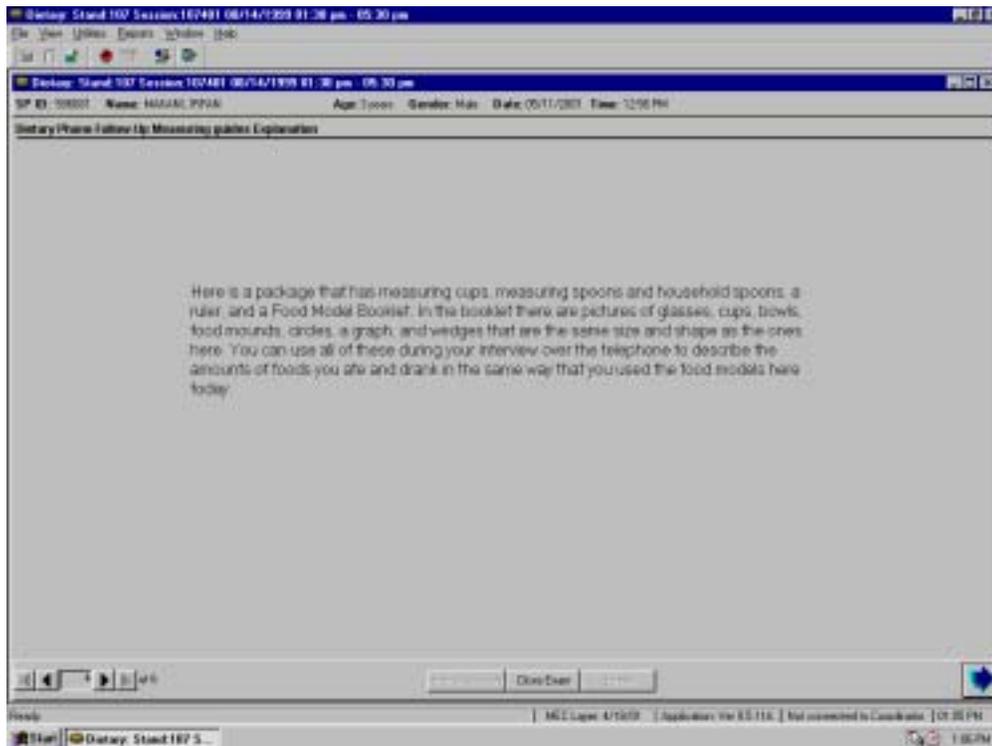
Check box and Enter reason

Ready | MEC Layer: 10/21/01 | Application: Ver 9.12.100 | Not connected to Coordinator | 09:26 AM

**Introduce Measuring Guides.** Once the SP agrees to schedule a phone interview, you will introduce the measuring guides that you will send home with the SP. The SP will need these guides during the phone interview to accurately describe the amounts of foods consumed. The measuring guide package will include the Food Model Booklet, measuring cups, measuring spoons, a ruler, and two household spoons. As you read the text on the screen, shown on the opposite page, flip through the Food Model Booklet with the respondent to familiarize them with the pages. You will want to stress the importance of placing the package in an easily accessible place, such as near the phone.

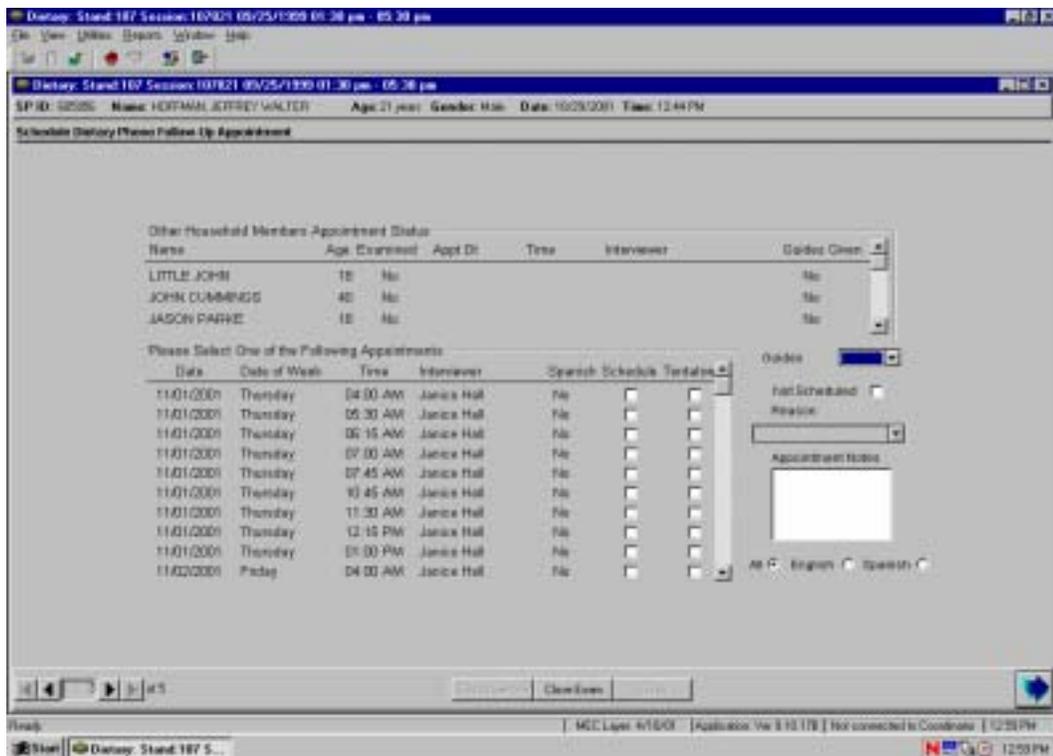
Only one set of guides will be provided per household, and no guides will be given to child SPs unless a proxy is unavailable to receive the guides. The general rule of thumb is to give the guides to the adult female head of the household. If there is not a female member in the household then you will give the guides to the adult male head of household member. Two sets of guides may be give in circumstances where the household members are to be called in different locations on the same day, such that the guides cannot be shared between household members.

Exhibit 7-11. Dietary Phone Follow-up measuring guides explanation screen



**Select date and time for interview.** On the next screen you will select a date and time for the phone interview. The screen is divided into two sections. The top section lists the SP and all household members that are participating in the survey. This section lists the SP names, ages, and whether they have been examined in the MEC (completed a dietary interview). If household members have been examined and scheduled for a phone follow-up appointment, the date, time, interviewer, and whether they have received a set of measuring guides will also be listed. It is important to try to schedule family members close to the same time of day.

Exhibit 7-12(a). Scheduling the Dietary Phone Follow-up appointment screen

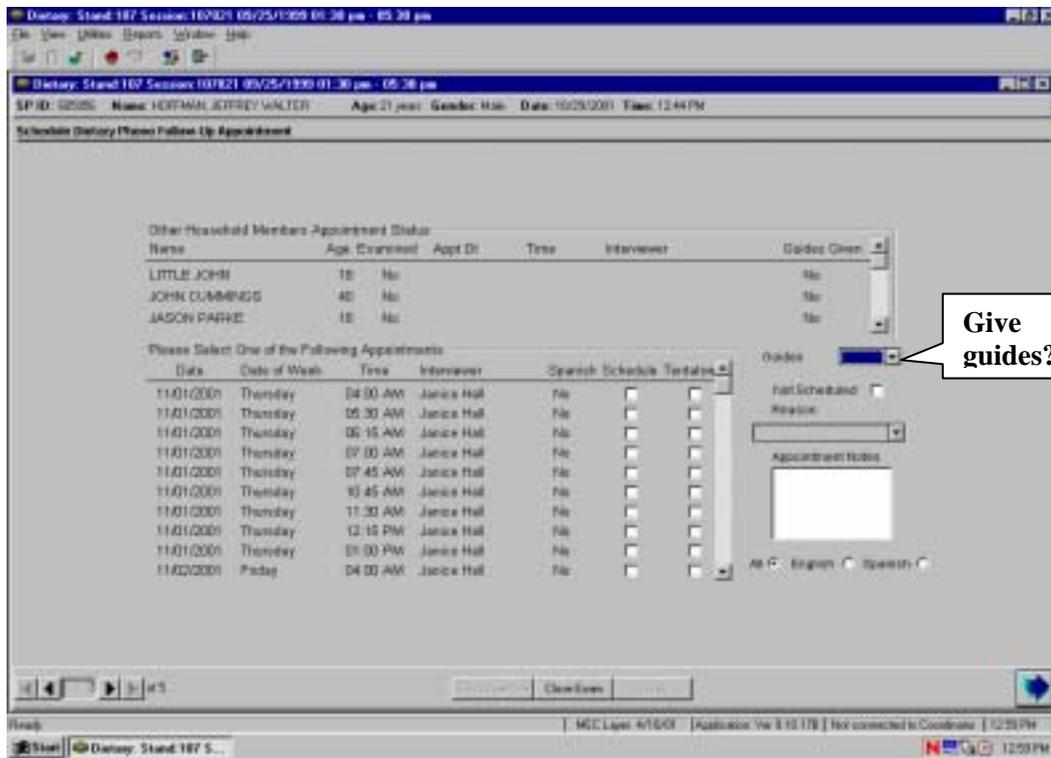


The next section of this screen is a table that is divided into 7 columns of information. The first 3 columns list the available dates, day of the week, times, and interviewers available for 3 to 10 days after the current date. The available dates do not include the same day of the week as the current day (if the in-person interview is conducted on Monday, then Monday would not be an available day for scheduling a phone follow-up interview).

The fourth column lists the interviewers available for each appointment time and the fifth column tells you whether the interviewer is Spanish speaking. This is particularly important if you need to schedule a Spanish speaking appointment. You can filter the available appointments on Spanish interviewers by clicking on the “Spanish” checkbox to the right of the list of available appointments.

In the last two columns of the section you will select an appointment for the SP. You may choose either to “schedule” the SP or select a “tentative” appointment. A tentative appointment might be scheduled when SPs are not positive about their availability without checking their calendar at home.

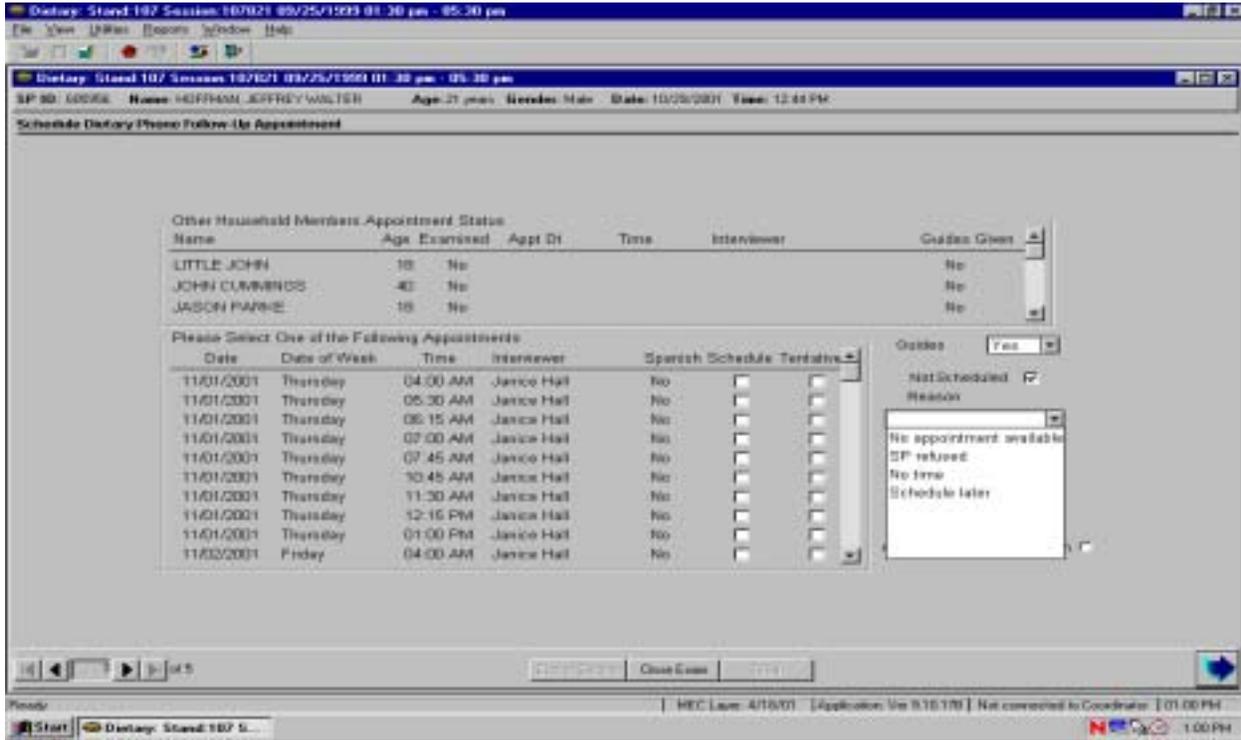
Exhibit 7-12(b). Scheduling the Dietary Phone Follow-up appointment screen



The application requires you to enter a “Yes” or “No” in the field next to “guides”. If no other household member has received the guides, answer “Yes”, and give the SP a set of guides. If it is documented in the upper section of the screen that a household member received a set of guides from you or another interviewer, you will enter “No” in the field.

If you cannot schedule an interview, you must check the box next to “not scheduled” and enter a reason in the comment field.

Exhibit 7-13. Appointment not scheduled



An “Appointment Notes” field is available for you to communicate important information to the telephone Supervisor. For example, if you could not schedule a SP in the 3-10 day window because he was on a business trip, you would enter that information along with a date when he will be available.

After scheduling the SP you will fill out a reminder card with the SP’s appointment and any family member’s appointments that you may have made. Someone from the telephone operations staff will call the SP a day in advance of the appointment to remind the SP as well.

## 7.6 Observations Questions

The Dietary Recall Evaluation Screen is the last screen in the Post Recall Section. The Screen containing four questions for you (the interviewer) to complete. You must answer all the questions on this screen before going to the next screen.

Exhibit 7-14 Observations screen

The screenshot shows a software window titled "Dietary: Stand 107 Session: 10/20/01 09/25/1999 01:30 pm - 05:30 pm". The window contains a form with the following fields and options:

- What language was used for the interview? English (selected in dropdown)
- Other language: [text input]
- Who was the main respondent for this interview? SP (selected in dropdown)
- Other, Specify: [text input]
- Who helped in responding for the interview? SP (selected in dropdown)
- Other, Specify: [text input]
- Did you or the respondent have difficulty or any comments about this interview? Yes (selected in dropdown)
- What was the reason for this difficulty or comments about the interview?

<input type="checkbox"/> Did not understand question	<input type="checkbox"/> Telephone connection problems
<input type="checkbox"/> Did not prepare foods	<input type="checkbox"/> Interruptions
<input type="checkbox"/> Foods were eaten away from home	<input type="checkbox"/> Uncooperative / impatient
<input type="checkbox"/> Not familiar with measuring foods	<input type="checkbox"/> Distracted / Uninterested
<input type="checkbox"/> Did not have food model booklet	<input type="checkbox"/> Intake may be incomplete (explain in remarks box)
<input type="checkbox"/> Poor memory of foods eaten	<input checked="" type="checkbox"/> Unavailable (explain in remarks box)
<input type="checkbox"/> Sick	<input type="checkbox"/> [text input]
<input type="checkbox"/> Hearing impairment	<input type="checkbox"/> Not ascertained
<input type="checkbox"/> Language barrier	<input type="checkbox"/> Other Specify
	<input type="checkbox"/> [text input]

At the bottom of the window, there are navigation buttons: "Previous", "Next", "Close Case", and "Print". The status bar at the bottom shows "Ready", "MEC: Layer 4/10/01", "Application: Vio 9.10.170", "Not connected to Coordinator", "01:04 PM", and "1:04 PM".

The first question asks you what language was used for the interview. The response categories include “English,” “Spanish,” “English and Spanish,” and “Other.” You can select the appropriate option by typing the first letter of your choice (e.g., “S” for Spanish). For the “English and Spanish” choice, enter “E” two times. You can also click on the down arrow to see the choices, and select one by pointing and clicking. If you select “Other” you must specify what other language was used.

The second question asks you who the main respondent was for the interview. That is, the SP, a proxy (e.g., a parent or grandparent), or someone else. You may select one of the twelve options by typing the first letter of your choice, or you may click on the down arrow to see the choices and select one by pointing and clicking. If you select “Other Specify” you must specify what other person was the main respondent.

The third question asks you who helped in responding for the interview. You may make your selection by simply typing the first letter of who helped of the thirteen choices including typing “N” for “No One.” If you answer “Other Specify” the “Other Specify” field will open and you must enter the other person. For example, if a proxy completed the interview for a child SP, but the child provided the quicklist, the SP helped and should be indicated here. Another example is if the interview required a translator. You should select this from the picklist to indicate that a translator helped.

The last questions ask whether you or the respondent had difficulty or any comments about the interview. If you select “Yes”, then a follow-on question is enabled. Here you must indicate the reason for the difficulty or your comments about the interview. There are 16 selections to choose from on the picklist or you may choose “Other Specify” and specify the reason. This is a CATA question so you can choose more than one answer. If you answer “Yes” and have indicated that the reason for the difficulty is either “Intake may be incomplete,” or “Unreliable,” you must specify the reason in the remark field that is enabled.

## **7.7 Post-Recall Section Status**

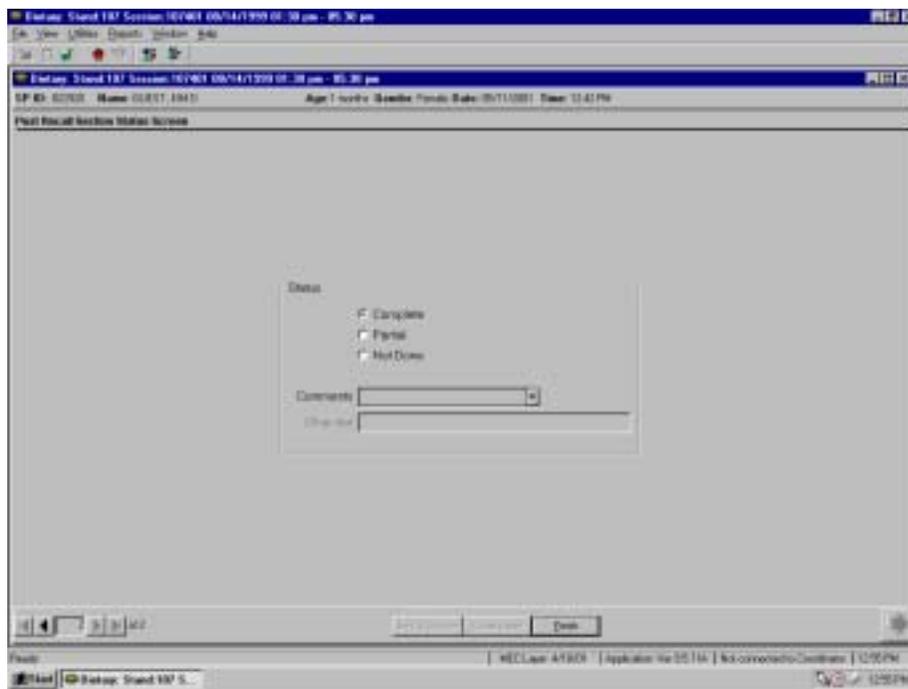
This screen will automatically indicate that the section status is “Complete” if all of the questions in this section were answered. If you had to end the interview before completing any or all screens, the section status will indicate either “Not Done” or “Partial.”

If the screen indicates a “Not Done” or “Partial” status, you must enter a comment before finishing the interview. Comments include:

- |                       |                      |
|-----------------------|----------------------|
| Safety exclusion      | Equipment failure    |
| SP refusal            | SP ill/emergency     |
| No time               | Interrupted          |
| Physical limitation   | Proxy no information |
| Communication problem |                      |

To close the interview, press the “Finish” button on the bottom of the screen.

Exhibit 7-15. Post-Recall section status screen



## 8. ADDITIONAL INTAKE PROCEDURES

This chapter discusses procedures that are specific to the Dietary Recall interview. The procedures include:

- Conducting proxy and assisted interviews;
- Interviewing children;
- Data retrieval;
- Documenting special situations such as skipped meals, missing meals, fasting SPs and breast-fed infants;
- Referring to foods previously reported by SP or other HH member
- Misreporting primary foods;
- Adding or misreporting additions;
- Recording information when program limits are activated (40+ foods and excess accessions to categories); and
- Collecting water information reported during the intake.

### 8.1 Proxy and Assisted Interviews

Proxy and assisted interviews will be conducted primarily on child SPs. However, there may be situations when you will need to conduct proxy or assisted interviews for adult SPs who cannot report for themselves because of physical or mental limitations.

As shown in the following table, proxy interviews will be conducted for all child SPs under 6 years of age. Interviews for child SPs between 6 and 8 years of age will also be conducted with proxies, but the child must be present to assist the proxy during the interview. Assisted interviews will be conducted with child SPs 9 to 11 years old. SPs in this age range will be asked to provide their own data assisted by an adult household member (referred to as the assistant). The preferred proxy/assistant is the person most knowledgeable about what the SP ate the day before the interview.

Exhibit 8-1. Table of proxy and assisted interviews

SP Age	Interview	Adult Present	Child Present
<6 yrs	Proxy	Yes	No
6-8 yrs	Proxy/Assistant	Yes	Yes
9-11 yrs	SP/Assistant	Yes	Yes
12-15 yrs	SP	No	Yes

### 8.1.1 Proxy Interviews with Child SPs Under 9 Years of Age

There are two types of proxy interviews for children in this age group: (1) an interview where the proxy is the sole respondent, and (2) an interview where the child SP assists the proxy. A proxy will always respond for children under the age of 6, as we assume that they cannot reliably report for themselves. A proxy will also be the primary respondent for children between 6 and 8 years of age. However, because children in this age group can often contribute useful information about meals eaten away from home, the interview will be conducted with the child present to assist in reporting intake information. The proxy for children under 9 years of age may be the parent, grandparent, baby-sitter, or any other person knowledgeable about the child’s intake. If the child has more than one caregiver, several individuals may need to contribute to the Intake data.

It is likely that you will need to collect information from children between 6 and 8 years of age about what they ate in the school cafeteria, at a day-care center, a baby-sitter’s, or some other caretaker’s. It may be necessary to collect not only information about school lunch, but also breakfast and after-school snacks.

If the preschool child has a meal(s) outside the home, the proxy or other family member may be able to tell you what foods were sent with the child, but probably not what foods were eaten. Be patient and persistent in trying to collect as much information as possible from the sampled child, if the proxy cannot be of assistance.

As with the standard introduction, explain the information you need, and define the time frame for the proxy. Since infants frequently have feedings during the night, it is important that the proxy understands the period of time. Use the Yesterday’s Intake handcard to reinforce the time period.

### **8.1.2 Assisted Interviews with Child SPs 9 to 11 Years Old**

Our procedures assume that children between 9 and 11 years old are capable of self-reporting their intake, but to collect complete and accurate information, they would benefit from the assistance of an adult knowledgeable about their intake.

The child should try to answer all of the intake questions and the health-related questions. If the child and assistant provide conflicting information, give them an opportunity to reconcile the response on their own. If they cannot, record the **SP's response** on the intake grid and proxy comments in the Remark Box (F6 function key).

### **8.1.3 Proxy or Assisted Interviews with Adults Unable to Report for Themselves**

You may need to interview some respondents older than age 11 who are not capable of responding for themselves due to physical or mental limitations. In these cases, an acceptable proxy or assistant would be the person most knowledgeable about the respondent's food consumption. Generally, a proxy will be assigned to an adult who cannot report for himself.

## **8.2 Interviewing Children**

The age and ability of the child will determine how much of the interview you conduct with the child. Following are the procedures to follow for each age group.

- **SPs under 6 years old** – The entire interview will be conducted with the proxy. The child does not need to be present. However, if the child is present for the interview, the proxy may refer questions to the child.
- **SPs 6-8 years old** – The proxy will be the primary respondent, but the child SP should be present. If appropriate, you may conduct part of the interview with the child SP. Begin the interview with the proxy. If the proxy feels the child can better respond to the Quick List or answer the food probes, have the child join the interview. When you feel you have obtained all the information the child can provide, direct your questions to the proxy.
- **SPs 9-11 years old** – The child SP will be the primary respondent, but will be assisted by an adult. Begin the interview with the child by asking the Quick List. After the

child reports the Quick List, address the next statement to both the child and the assistant: Say something like “Now I’m going to ask you specific questions about the foods and beverages we just listed. When you remember anything else you ate or drank as we go along, please tell me.” Invite the assistant to participate in the interview and encourage the assistant to help the child report completely and accurately.

Interviews with young children can be either pleasant and amusing encounters, or tedious and exhausting experiences. How you conduct the interview can affect both the quality of the interview and the interaction itself. Following are some tips to remember when interviewing children.

- Use child-related events and terms when probing. For example, if a child refers to an activity such as gymnastics or baseball when reporting foods in the Quick List, follow through with that activity when you get to the descriptive probes (e.g., “*tell me about that juice you said you had before baseball practice*”, rather than “*you said you had some juice at 3 o’clock*”).
- If children have difficulty recalling foods on the Quick List, help them think through the day by asking about where they went and what they did. Then ask whether or not they ate or drank anything. For example, you might ask a child, “*Where did you go right after school yesterday?*” If the child says something like “*to my friend’s house,*” ask an orientation question such as “*what did you do there?*”. Then ask, “*Did you eat or drink anything while you were at your friend’s house?*”
- Adult approval or disapproval can easily influence children, so you must encourage them to participate while remaining completely neutral.
- Keep your sense of humor and enjoy the conversation. It can be quite delightful.

### **8.3 Data Retrieval Procedures**

If the SP or proxy/assistant cannot provide enough descriptive information about the foods, or the quantity eaten, the data may need to be collected from someone outside the household. This section describes the procedures for identifying and documenting missing data that needs to be retrieved from an outside source.

### 8.3.1 Data Retrieval Criteria

Missing dietary data will be retrieved on two groups of SPs:

- SPs under 12 years old, and
- SPs over 12 years old requiring proxy or assisted interviews.

For SPs described above, the data will be retrieved for the following situations:

- **Eating occasion reported but no foods.** An eating occasion is reported, but not the individual foods or beverages consumed at the occasion. For example, a mother may know that a child ate lunch at daycare, but may not know what the daycare provider served. Data should be retrieved for the individual foods and amounts.
- **Eating occasion reported with some foods.** An eating occasion is reported, but only some of the individual foods or beverages in the occasion are recalled. For example, a mother may know that her child's school served a hot dog for lunch, but may not know what else was served. Data should be retrieved for the other foods and amounts.

For SPs described above, the data will **NOT** be retrieved for the following situations:

1. When a food is reported that is not a part of a missing meal, but the details cannot be recalled. For example, milk is reported, but not the kind of milk.
2. When a food is reported that is not a part of a missing meal, but the amount cannot be recalled.

### 8.3.2 Flagging Eating Occasions for Data Retrieval

You will flag an eating occasion for data retrieval if the SP or proxy respondent reports an occasion but cannot report ALL OF THE foods consumed for that occasion. The procedures you use to flag the occasion for data retrieval will depend on whether the respondent reported any foods for the occasion.

**Reported occasion but no foods.** If the SP or proxy respondent reports an occasion (e.g., ‘school breakfast’, ‘school lunch’), but cannot report what the SP ate for the occasion, follow the steps below:

1. **Record the eating occasion during the QL pass.** From the MFL pick ‘school breakfast,’ ‘school lunch,’ ‘unknown meal,’ or some other occasion that describes the meal.
2. **UNKNOWN Food category.** When you get to that occasion in the interview, the program will automatically link you to the Unknown food category. The first question you will read will ask the SPs if they can tell you what they had for that occasion. If the respondent reports ‘No’, enter DK and continue.

Exhibit 8-2. Unknown food category screen — School breakfast

The screenshot shows a software interface with a yellow background. At the top, it displays 'School breakfast, 7:00 AM, breakfast' in blue text. Below this is a question in purple text: 'Can you tell me what you had for the School breakfast?'. A radio button is selected next to the option '1. Return to the RFL to enter foods'. At the bottom, there is a grey control panel with several fields: 'UnkFoodName' (with 'FIBEnd' to its right), 'UnkFoodDescription', 'UnkFoodMultipleItems' (with a yellow question mark icon to its right), 'AddAnything', and 'ADDFoodName'.

The next screen asks the amount eaten only for school breakfast and for school lunch, not for other responses. Notice the interviewer instruction that tells you to record what portion of the meal was eaten. While children may not be able to tell you what they ate, they can often tell you whether they ate it all. This is a text field so you will type in the text “ate all” or “1/2”, etc.

Exhibit 8-3. Unknown food category screen — School meal amount eaten question

The screenshot shows a data entry interface with a yellow background. At the top, it displays identification information: 'XXX(15, F), 12.001.IN.01.002 (11) 999-7890'. Below this, the text reads 'School breakfast, 7:00 AM, breakfast' and 'How much of this school meal did you eat?'. A blue instruction box says '[DOCUMENT WHAT PORTION OF THE MEAL WAS EATEN - ALL, HALF, A THIRD, ETC.]'. At the bottom, there is a control bar with fields for 'IBStat' (containing '1'), 'IncludeInIntake', 'UnitFoodAmt', and 'UnitSchoolMealAmt'. A callout box points to the 'UnitSchoolMealAmt' field with the text 'Type in 'ate all' or 1/2, etc.'

Once you have entered the amount, do the following:

- (1) Arrow back to the category Start screen and change “1” (Include in Intake) to “3” (Needs Data Retrieval) and press ‘End’ to get to the Source question;
- (2) Ask the Source question;
- (3) Continue with the interview.

**Example:** A child SP reports ‘school breakfast’ during the QL pass. When you ask the details about ‘school breakfast’ the respondent cannot remember any foods. Flag ‘school breakfast’ for data retrieval and continue with the interview.

**Reported eating occasion on QL, then reported some, but not all, foods for the occasion.** If the SP or proxy respondent cannot report all the foods the SP ate for the reported occasion, follow the steps below:

1. **Record the eating occasion during the QL pass.** From the MFL pick ‘school breakfast,’ ‘school lunch,’ ‘unknown meal,’ or some other occasion that describes the meal.
2. **UNKNOWN Food category.** When you get to that occasion in the interview the program will automatically link you to the Unknown food category. The first question you will read will ask SPs if they can tell you what they ate for the occasion. When you enter ‘1’ for “yes”, the system will take you back to the RFL to add the foods.

Exhibit 8-4. Unknown food category screen — School lunch

The screenshot shows a software interface for recording food intake. At the top, it displays the occasion: "School lunch, 11:00 AM, lunch". Below this is a question: "Can you tell me what you had for the School lunch?". A radio button is selected next to the option "1. Return to the RFL to enter foods". At the bottom, there is a data entry table with the following fields:

FIBStart	<input type="text" value="1"/>	IncludeInIntake	U
SameAsInstruction			U
UnkFoodName			F
UnkFoodDescription			
UnkFoodMultipleItems	<input type="text" value="1"/>		

3. **Ask ‘anything else’.** After you enter the remembered foods on the MFL, ask ‘anything else.’

Exhibit 8-5. RFL when remembers foods in school meal

**[IF SP REMEMBERS A NEW FOOD, USE COMMENT FIELD ONLY IF SP PROVIDES DETAILS.]**  
**[ASK OR CONFIRM BOTH TIME AND OCCASION FOR EACH FOOD BEFORE LEAVING THE RFL SCREEN.]**

	Food Name	Time	Occasion	Occasion, OS
Food[1]	School breakfast	7:00AM	1	
Food[2]	School lunch	11:30AM	2	
Food[3]	Snack	3:00PM	6	
Food[4]	Hamburger	11:30AM	2	
Food[5]	Unknown meal	11:30AM	2	
Food[6]				

**Remembered food**

If the respondent indicates that the SP had more foods than were reported for that occasion, but doesn't know what they were, do the following:

- (1) Type in ‘unknown meal’ on RFL along with the time and occasion.
- (2) Enter ‘XXX’, press enter twice, and END to continue.
- (3) When you get to the ‘unknown meal’ category, enter ‘1’ (Continue) on the Continue/Redo screen, and ‘3’ (Needs Data Retrieval) on the category Start screen.
- (4) Enter DK to the question about what foods were in the meal.
- (5) Enter 1-Enter-END to continue with the interview.

**Example:** During the QL pass a proxy mother reports her son ate ‘school lunch’. When you ask the details about ‘school lunch’ the SP reports he ate a hamburger. Mom says she knows he ate more than that for his school lunch. When on the RFL, add ‘unknown meal’ and flag for data retrieval when you get to the details.

**Reported foods on QL, then reported missing foods for same occasion.** If an SP or proxy respondent reports, during the QL, eating a food for an occasion, and then states that other foods were also eaten, but cannot report the other foods, follow the steps below:

1. **Add the eating occasion to the RFL** (e.g., ‘school breakfast’, ‘school lunch’, ‘unknown meal’).
2. **UNKNOWN food category.** When you get to the unknown eating occasion, do the following:

- (1) On the category Start screen enter “3” for Needs Data Retrieval;
- (2) Press ‘End’ to exit the food details and ask the Source questions;
- (3) Continue with interview.

**Example:** A child SP reports pancakes on the QL for school breakfast. He later remembers that he ate other foods, but can’t remember the other foods. Enter ‘school breakfast’ on the MFL and then flag the occasion for data retrieval.

### **8.3.3 Documenting Data Retrieval Source Information**

If you labeled any foods or eating occasions as “Needs data retrieval,” you will be prompted at the end of the Dietary Recall interview to obtain information about who to call to retrieve the missing data. You will ask for the source name, location, and telephone number. The source may be a school, babysitter, daycare, or relative. Before asking for contact information you must get the proxy’s permission to conduct data retrieval with a source outside the household.

**Data Retrieval Source Information.** Data retrieval questions will only be asked when the “Needs data retrieval” flag was chosen at the FIBStart screen. If the Dietary Recall needs data retrieval, you will collect information about the data retrieval source(s) here.

The first screen asks for a list of contacts who can answer the data retrieval questions. Up to five contacts can be entered. When you have entered all the contact names, press ENTER to continue.

Exhibit 8-6. Data retrieval source screen

Label	Data Retrieval	RECDRContactSource	<input type="checkbox"/>
RECDRContactName[1]	Mama Sue	RECDRContactSource[0]	
RECDRContactName[2]	Miss Jozy	RECDRNameOfPlace	
RECDRContactName[3]		RECDRPhoneArea	<input type="checkbox"/>
RECDRContactName[4]		RECDRPhoneExchange	<input type="checkbox"/>
RECDRContactName[5]		RECDRPhoneLocal	<input type="checkbox"/>
		RECPhoneConfirm	<input type="checkbox"/>

The following screen determines the relationship between the SP and the contact person. There are four possible responses. If the contact person is a relative or babysitter, the AMPM will continue on to ask the phone number of that person.

Exhibit 8-7. Data retrieval source screen — Relationship to SP question

The screenshot shows a software window titled "Blaise Data Entry - C:\Test-P2-Intake-Local\Instruments\INTAKE". The window has a menu bar with "Forms", "Answer", "Navigate", "Options", and "Help". Below the menu bar is a toolbar with various icons. The main area displays the question: "Does Mama Sue work at a school or child daycare, or are they a babysitter, relative, or something else?". Below the question are five radio button options: "1. SCHOOL", "2. CHILD DAYCARE", "3. BABYSITTER", "4. RELATIVE", and "91. OTHER, SPECIFY". The "CHILD DAYCARE" option is selected. At the bottom of the window is a data entry table with two columns: "Data Retrieval" and "ChildDaycare".

Label	Data Retrieval	RECDRContactSource	ChildDaycare
RECDRContactName[1]	Mama Sue	RECDRContactSource0	
RECDRContactName[2]	Miss Jozy	RECDRNameOfPlace	
RECDRContactName[3]		RECDRPhoneArea	
RECDRContactName[4]		RECDRPhoneExchange	
RECDRContactName[5]		RECDRPhoneLocal	
		RECPhoneConfirm	

If the contact person is from a school or daycare, the AMPM will ask the name of the school or day-care place.

Exhibit 8-8. Data retrieval source screen — Name of school or daycare question

Blaise Data Entry - C:\Test-P2-Intake-Loc\Instruments\INTAKE

Forms Answer Navigate Options Help

Intake | Sorted\_RPL

Sample (I, F) E1.001.IN.18.001 (301) 555-1212

What is the name of this school or child daycare?

Label	Data Retrieval	RECDRContactSource	2	ChildDaycare
RECDRContactName[1]	Mama Sue	RECDRContactSource[0]		
RECDRContactName[2]	Miss Jozy	RECDRNameOfPlace	Mama Sue's Playhouse	
RECDRContactName[3]		RECDRPhoneArea	<input type="checkbox"/>	
RECDRContactName[4]		RECDRPhoneExchange	<input type="checkbox"/>	
RECDRContactName[5]		RECDRPhoneLocal	<input type="checkbox"/>	
		RECDRPhoneConfirm	<input type="checkbox"/>	

Three separate screens collect the contact person's phone number (area code, exchange and local).

Exhibit 8-9. Data retrieval source screen — Source phone number

The screenshot shows a software window titled "Blaise Data Entry - C:\Test-P2-Intake-Local\Instruments\INTAKE". The window has a menu bar with "Forms", "Answer", "Navigate", "Options", and "Help". Below the menu bar is a toolbar with various icons. The main content area displays the text "Sample (1, F), E1.001.IN.18.001 (301) 555-1212" and a question: "What is Mama Sue's phone number?". Below the question, there is a prompt: "NEW NUMBER: () - [ENTER THE AREA CODE]". At the bottom of the window, there is a data entry table with the following fields:

Label	Data Retrieval	RECDRContactSource	2	ChildDaycare
RECDRContactName[1]	Mama Sue	RECDRContactSource[0]		
RECDRContactName[2]	Miss Jozy	RECDRNameDIPlace	Mama Sue's Playhou	
RECDRContactName[3]		RECDRPhoneArea	301	
RECDRContactName[4]		RECDRPhoneExchange		
RECDRContactName[5]		RECDRPhoneLocal		
		RECPhoneConfirm	<input type="checkbox"/>	

Once the number has been entered, you will confirm the number and make any changes necessary.

Exhibit 8-10. Data retrieval source screen — Source phone number or confirmation

The screenshot shows the 'Blaise Data Entry' application window. The title bar indicates the file path: 'C:\Test-P2-Intake-Local\Instruments\INTAKE'. The menu bar includes 'Forms', 'Answer', 'Navigate', 'Options', and 'Help'. Below the menu is a toolbar with various icons. The main window is titled 'Intake | Sorted\_RPL |'. It displays sample information: 'Sample (1, F), E1.001.IN.18.001 (301) 555-1212'. A confirmation message reads: '[CONFIRM NEW TELEPHONE NUMBER] NEW NUMBER: (301) 555-1515 Is this correct?'. Below this are two radio button options: '1. YES' and '2. NO'. At the bottom, there is a data entry table with the following fields:

Label	Data Retrieval	RECDRContactSource	2	ChildDaycare
RECDRContactName[1]	Mama Sue	RECDRContactSource[0]		
RECDRContactName[2]	Miss Jozy	RECDRNameOfPlace	Mama Sue's Playhou	
RECDRContactName[3]		RECDRPhoneArea	301	
RECDRContactName[4]		RECDRPhoneExchange	555	
RECDRContactName[5]		RECDRPhoneLocal	1515	
		RECPhoneConfirm	<input type="checkbox"/>	

The next data retrieval screen allows you to enter any comments that will assist in the data retrieval process. The AMPM system will ask these questions for each contact name reported.

If more than one food is flagged for data retrieval and more than one source is identified for contact, you will document the source to be contacted for each food in the comments box. You should also use the comment box to clarify any data retrieval information to be collected. The comment box is shown below.

Exhibit 8-11. Data retrieval source screen — Additional comments

The screenshot shows a software window titled "Blaise Data Entry - C:\Test-P2-Intake-Local\Instruments\INTAKE". The window has a menu bar with "Forms", "Answer", "Navigate", "Options", and "Help". Below the menu bar is a toolbar with various icons. The main area of the window displays "Intake | Sorted\_PFL" and "Sample (I, FL) E1.001.04.18.001 (301) 655-1212". A large text area contains the prompt "[ENTER ADDITIONAL COMMENTS IF NEEDED.]". At the bottom of the window, there is a list of fields: "ECCDRNameOfPlace", "ECCDRPhoneArea", "ECCDRPhoneExchange", "ECCDRPhoneLocal", "ECCDRPhoneConfirm", "RECDRNameOfPlace", "RECDRPhoneArea", "RECDRPhoneExchange", "RECDRPhoneLocal", "RECDRPhoneConfirm", and "RECDRComments". The "RECDRComments" field is highlighted with a white background.

### 8.3.4 Data Retrieval Collection Procedures

When “needs data retrieval” is selected for any food during an interview, the record is flagged as “needing data retrieval”. You will be responsible for conducting data retrieval for the interviews you flagged. A report is automatically printed immediately after the interview is closed, that contains a list of foods needing DR and the contact source information for that interview. Try to contact the source within 24 hours of the time the interview was completed. If it was completed on a Saturday, or the day before the weekend, contact the source within 72 hours. The record will be assigned a status code of “Partial” for the Dietary Recall section. To collect the missing data, you need to follow these steps:

1. Select Data Retrieval (DR) on the drop down file menu at the initial dietary exam screen.
2. Use the DR report to obtain the telephone number to initiate contact with the source.
3. Launch the partial intake and scroll down to the first eating occasion needing DR. The food details will appear in RED.
4. Select ‘Redo’ and then ‘Include in Intake’ to access the food details. All details collected during the MEC In-person exam will be filled in.
5. Collect the missing data.
6. Press ‘End’ to exit the food’s details.
7. Scroll to the next food needing DR and repeat the process until all foods on the DR report have been addressed.
8. If at any time the DR contact cannot provide the necessary details, leave a remark (F6) describing why DR was not successful.
9. Close the intake. Note that the section status is now complete.

If you cannot contact the source within the time frame noted above, enter the case and navigate to the eating occasion(s) needing DR. Select “Redo” and then “Include in Intake”. Then press F6 and leave a remark in the remark box stating “data retrieval unsuccessful.”

#### **8.4 Documenting Missing Meals (if Data Retrieval is Not Required)**

If the Dietary Recall does not meet the guidelines for data retrieval and the SP can remember consuming foods and beverages at a particular meal, but cannot remember what was consumed, the meal is considered missing. You will record the missing meal by entering the eating occasion on the Quick List, for example “dessert” or “snack”. The program will link those terms with the Unknown Food category. If the SP cannot report the foods consumed, enter a question mark (?) for DK and continue.

#### **8.5 Documenting Skipped Meals**

A missing meal is distinguished from a skipped meal. A skipped meal is a meal that the respondent might have been expected to eat or drink, but did not. For example, if a SP reports eating no food before 1:00 in the afternoon. At any point in the interview you may access the Remark Box and record any information the respondent offers (e.g., “I didn’t eat breakfast”), to indicate that a meal is not missing. Be careful not to suggest to SPs that they should have had a meal, or ask if they had a particular meal.

## 8.6 Documenting Fasts on the Recall Day

There may be times when a respondent reports fasting on the recall day. If this occurs follow the steps below:

- (1) Enter “Fasting” on the QL.
- (2) Proceed with the interview, asking the FFL probes.
- (3) Ask health-related questions.

## 8.7 Documenting Breast-fed Infants

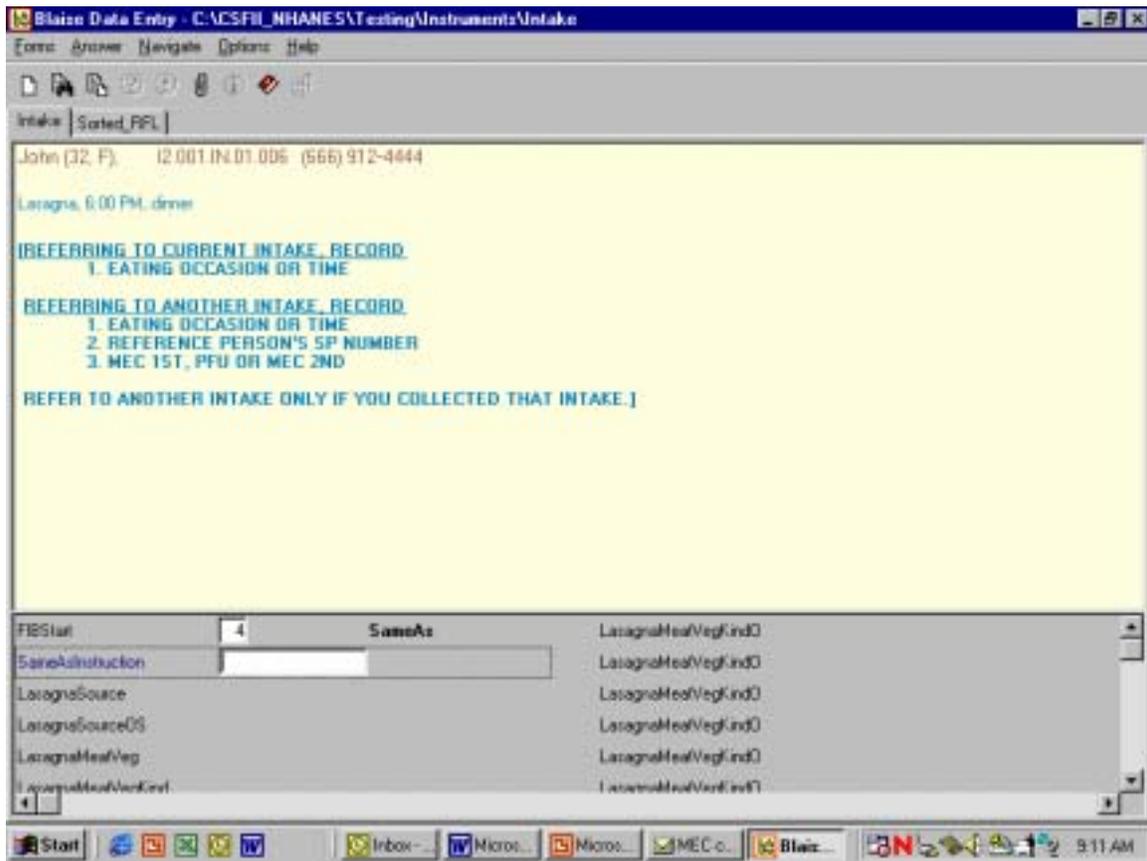
When a proxy reports that an infant SP was breast fed, you will record the term “breast milk” on the QL and continue with the interview. Try to document every time the SP was fed (rather than reporting the feedings as extended consumption). At the time and occasion pass, record the time the feeding began and code the occasion as “feeding – infant only” (code 8). The program will not ask detail, amount, or source probes for ‘breast milk’. In addition, if ‘breast milk’ is the only food in the occasion, the program will not ask the location question.

## 8.8 “Same As” (Foods Previously Reported by the SP or Household Member)

To make the interview more efficient, you may refer to a previously described food in an SP’s intake or in another household member’s intake. To do this you will go to the Category Start screen (Include in Intake) and select “4” for “Same As.” Instructions and a text box will appear that will prompt you for the following information.

- Eating Occasion or Time
- Reference Person’s SP #
- 1st MEC, Phone Follow-up, 2nd MEC Exam.

Exhibit 8-12. "Same As" screen



If you are referring to a food reported earlier in the interview, you will only need to document the time and occasion.

If you are referring to the Dietary Recall for another household member, you must also enter the reference SP's number and the type of exam. To access a roster of Household SPs and their respective SP numbers, press **Ctrl H**. A drop down box will appear that includes SP number, name, age and gender.

Once you have entered the 'SameAs' information, you must ask the additions and amount eaten probes for the food and then continue with the interview. You may only refer to another household member if you completed the interview that collected that information.

## 8.9 Procedures for Misreporting Foods

There are several situations during the interview in which you may have to misreport a food. The procedure for misreporting the food will depend on the reason for the misreport and when the misreport occurs.

There are three reasons you may need to misreport a food: the SP didn't eat a reported food on the recall day; the SP changed the time of the eating event while in the food details; or the food name didn't match the details reported by the SP. The procedures for misreporting each scenario are described below.

**SP did not Consume Food on Recall Day.** When a food on the RFL is incorrect because either the respondent mistakenly reported it or you entered it incorrectly, you must remove the food from the Dietary Recall. The procedures for removing the food depend on where the misreport occurs.

- **QL or Time and Occasion Pass:** QL Type 'error' over the food name. 'Error' can only be used to remove a food from the RFL during the QL and Time and Occasion Passes.
- **Food Details Pass:** Arrow up to the Category Start screen and select 'Misreport'. Press "1", enter and "END" to continue.
- **After Collected Food Details:** Arrow up to the Continue/Redo screen and select 'Redo'. Select 'Misreport' on the Category Start screen. If it is a primary food, this procedure will misreport both the primary food and any additions collected with it. This can occur any time in the interview, including during the health-related questions.

**Changing Time While Collecting the Food Details.** If the respondent changes the time a food was consumed while collecting that food's details, the food must be misreported and re-entered on the RFL with the correct time.

1. Arrow up to the CategoryStart screen and select 'Misreport'.
2. Press "1", enter, and "END," as instructed on screen, to continue to the next food.
3. Press F10 and type 'rfl' to access the RFL.
4. Arrow down to the "XXX" and enter the food name with its corrected time and occasion. Remember to include any details already collected (to avoid repeating questions a second time). (For example, if SP reported candy at 10 am but changed the

time to 2 pm after telling you it was a Milky Way bar in the details for the candy, enter “Milky Way bar” on the RFL with the new time.)

5. Press “END” to continue with the intake. The re-entered food will now be collected at the appropriate time and occasion.

**Changing Food Name or Prefilled Details.** On occasion, a respondent will change the food name or kind while in the food details. Since the program prefills some details based on the RFL food name, **and** prefilled items cannot be changed, you must misreport the food and re-enter the corrected food name on the RFL. You will know you must misreport when SPs seek to clarify their initial response once you are in the food details. For example, this would happen when the respondent reports “OJ” on the Quick List but remembers that it was “pineapple-orange juice” in the details when you asked, “Was the orange juice 100% juice?”. Or, they could change a food such as sugar to sugar substitute when you ask, “How much sugar did you actually eat?” In each case, the food must be misreported and re-entered on the RFL. You will use the same procedure that is used to change time while collecting food details.

1. Arrow up to the Category Start screen and select ‘Misreport’.
2. Press “1”, enter and “END”, as instructed on the screen, to continue to the next food.
3. Press the F10 key to access the RFL.
4. Arrow down to the “XXX” and enter the corrected food name with time and occasion.
5. Press “END” to continue with the collection of the food’s details.

## **8.10 Adding Remembered Additions**

The procedures for adding remembered additions to the Dietary Recall are different from those for adding primary foods. While a remembered primary food can be documented by accessing the RFL and adding the food (discussed in Chapter 6), remembered additions must be tied to the appropriate primary food. For instance, if the respondent adds sugar to his coffee, the sugar must be added within the coffee details, not entered onto the RFL as a separate food. Thus, when the respondent remembers an addition to a primary food that was collected earlier in the intake, you must return to the primary food and add the addition there.

To add a remembered addition to a previously collected primary food:

1. Arrow up to the Continue/Redo screen for the appropriate primary food.
2. Select 'Redo' and then 'Include in intake'.
3. Scroll down to the additions question. If the food already has additions, continue scrolling down to the first available ADDFoodName line and type in the remembered addition. If the primary food did not have previously reported adds, change the additions question from 'No' to 'Yes' and type in the ADDFoodName.
4. Press 'END' to continue. The program will collect details for the remembered addition(s) and then continue on with the rest of the intake.

### **8.11 RFL IS FULL (Documenting 41 or more Reported Foods)**

There may be situations when a respondent reports more foods than the RFL can store. The RFL can only hold 40 foods. It is made up of all the foods reported on the QL as well as all additions to primary foods and all misreported foods. When you try to enter a food that exceeds the 40-food capacity the program will instruct you on how to document the information. You will always record the information in a **Remarks box**, but where you record it depends on whether it is a primary food or an addition.

- **Primary food** – press **HOME KEY** and then F6 to open the remark box.
- **Addition to primary food** – type 'Error' over the addition, go to **AMOUNT SCREEN** for primary food and press F6 to open the remark box.

### 8.11.1 RFL IS FULL – Recording Primary Foods During the Dietary Recall

Any time you are in the AMPM application and you try to enter a primary food that exceeds the 40-food capacity, you will get the following edit:

**RFL IS FULL.**

1. SELECT 'Suppress' KEY TO SUPPRESS THE EDIT.
2. PRESS HOME KEY AND THEN F6 TO OPEN A REMARKS BOX.
3. ENTER TIME, OCCASION, NAME, DETAILS AND AMOUNT. INCLUDE ADDS.
4. SAVE REMARK AND PRESS 'END' TO CONTINUE.

After suppressing the edit and pressing the home key, the program will take you to the QL overview screen. All text will be grayed out except for an instruction that reads:

[IF COLLECTING INFORMATION ABOUT FOODS WHEN THERE IS NO MORE ROOM ON THE RFL, PLEASE ENTER THE FOOD NAME, TIME, OCCASION, DETAILS, AND SOURCE IN A COMMENT BOX (F6).]

### 8.11.2 RFL IS FULL – Recording Primary Linked Foods During the Dietary Recall

When a respondent reports a food that links to a different category during collection of the FIB details, and there are 40 foods on the RFL, a hard edit will appear. For example, if the respondent reported pasta on the QL but she says it was ravioli in the FIB details, the program will try to link to the ravioli (stuffed pasta) category. If there are already 40 foods on the RFL, there is no place to ‘list’ the new category. Follow the instructions in the edit below:

#### **RFL IS FULL.**

1. PRESS “ENTER” AND SELECT “Misreported” AT CATEGORY START SCREEN.
2. PRESS 1, ENTER AND END.
3. PRESS **HOME KEY** AND THEN F6 TO OPEN A REMARK BOX.
4. ENTER TIME, OCCASION, FOOD NAME, DETAILS, AND AMOUNT. INCLUDE ADDS AND SOURCE INFO.
5. SAVE THE REMARK AND PRESS “END” TO CONTINUE.

You must misreport the original food (e.g., pasta) in order to leave the category. If you press the HOME KEY without misreporting the food you will remain in the original category.

Since you will be entering the linked food details into the remarks box, they will not be documented on the RFL. Therefore, they will not appear on the review of event screens nor on the Sorted RFL.

### 8.11.3 RFL IS FULL – Recording Primary Foods While Collecting Health-Related Questions

If a respondent remembers primary foods while answering the health-related questions at the end of the Dietary Recall section of the interview **and** there are already 40+ foods on the RFL, the program cannot access the RFL to add the remembered foods. A Blaise program error message will appear when you press the F10 key and type in 'rfl'.

**“Tag not found or currently not on route.”**

This error message will differ from those discussed above in that no instructions are given on the screen. However, the procedure is the same as described for primary foods:

- (1) CLOSE ERROR MESSAGE.
- (2) PRESS **HOME KEY** AND OPEN A REMARK BOX.
- (3) ENTER TIME, OCCASION, NAME, DETAILS, AND AMOUNT. INCLUDE ADDS AND SOURCE INFO.
- (4) SAVE REMARK AND PRESS “END” TO CONTINUE.

This procedure only applies to *primary* foods remembered in the trailer section. Any additions remembered at this point in the interview should be entered by arrowing back to the correct primary food and following the on screen instructions for remembered additions.

#### **8.11.4 RFL IS FULL – Recording an Addition to a Primary Food**

When a respondent reports an addition and you enter it in the addition field and hit enter, a hard edit appears. The edit says:

**RFL IS FULL.**

1. TYPE “Error” OVER ADD FOOD NAME.
2. GO TO **PRIMARY FOOD AMOUNT SCREEN** AND PRESS F6 TO OPEN A REMARK BOX.
3. ENTER ADD FOOD NAME, DETAILS, AMOUNT AND SOURCE.
4. SAVE REMARK BOX AND PRESS “END” TO CONTINUE.

#### **8.12 ACCESS DENIED (Reporting Food Details When Program Denies Access to Categories)**

There is a limit to the number of times you can enter a food category to ask food probes. Some categories can only be entered 5 times, while others can be entered up to 10 times. The number of times a category can be accessed is dependent on how frequently, in our experience, the foods in the category are reported. For example, the vegetable category can be entered 10 times because it would not be uncommon for a vegetarian to report eating vegetables 10 times over a 24-hour period. On the other hand, the biscuit category can only be accessed 5 times since biscuits are not frequently consumed. The table below lists the 38 categories that can be entered 10 times.

Exhibit 8-13. Table of food categories that can be accessed 10 times

Alcohol	Juice drinks/ades
Baby juice	Mayo/salad dressings
Breast milk	Milk
Bread	Mixed dishes
Butter	Nuts/seeds
Candy	Oil
Ready to eat cereal	Powdered beverage drinks
Cooked cereal	Pie
Coffee	Poultry
Cookies	Popsicles
Chips	Rolls, buns, bagels
Creamer	Soda
Condiments/sauces	Soup
Dry baby cereal	Sugar
Fish	Sweetener
Formula	Syrup
Fruit	Tea
Gravy	Vegetables
Jarred baby food	Water

**Documenting Primary Foods and Additions When Access Denied.** When access is denied to a food category you will follow procedures similar to when the RFL is full. When you enter “continue” on the RECFIBDetailsAddsAmts screen, a soft edit will appear:

**NUMBER OF ACCESSIONS EXCEEDED FOR THIS CATEGORY.**

1. SELECT “Suppress” TO GO TO SOURCE QUESTION.
2. PRESS F6 TO OPEN A REMARK BOX.
3. IF FOOD IS A PRIMARY FOOD, ENTER NAME, DETAILS AND AMOUNT.  
IF FOOD IS AN ADD, ENTER NAME DETAILS, AMOUNT, PRIMARY FOOD NAME.
4. SAVE REMARK AND CONTINUE.

Follow the instructions by suppressing the edit and moving to the source question. Press F6 to open the Remark box and enter the foods details as described above. If the food is an addition, make sure you include the name of the primary food.

### **8.13 Water Reported on the Quick List or as a Remembered Food**

The primary opportunity to collect information about all types of water is in the health-related questions asked after the food intake. However, the respondent may report water on the QL. To avoid interrupting the flow of the interview, you should not probe for the type of water when it is reported. Enter it on the QL and collect the time and occasion. The AMPM program will probe for water type during the collection of the food details or instruct you to collect it later.

**Water tips:**

- Enter all water reported on the QL or as a remembered food.
- Only sweetened water will have the details collected in the intake.
- A message appears when all non-sweetened types of water are selected from the water LUT. The message will remind the SP that info about this kind of water will be collected in the health-related questions after the intake. Always enter “1” and then press ENTER to continue with the intake when this type of water is reported.
- When water is added to another food or beverage, enter it as “water as an addition” in the ADDFoodName field.

## **9. QUALITY CONTROL**

A variety of quality control procedures will be used in the NHANES dietary component to assure that data are collected accurately. You (the interviewer) will complete some of these QC tasks, while Westat home staff will perform others. Key components of the QC process include:

- Field observations;
- Taped interviews,
- Data retrieval, and
- Review of data collected.

### **9.1 Field Observations**

Westat home staff conduct field observations of 24-hour recall interviews on a regular basis. Field observations will include evaluation of the following:

- Introduction and confidentiality statement;
- Mannerism and eye contact;
- Flow of the interview;
- Use of neutral probes;
- Proper use of automated system; and
- Proper use of food models.

### **9.2 Taped Interviews**

For quality control purposes you will be asked to audiotape several dietary interviews a week, for home office review. The day, session, and interview will be randomly determined and you will be notified by email. You will send the tapes to the home office by mail on a weekly basis.

Prior to the taping, you will have the SP or respondent read and sign the consent form. If the SP is **under 18 years old**, you must also have a parent or guardian sign the consent form. You will be provided copies of the consent form in both English and Spanish to keep in your rooms. The consent form text is shown below.

*We would like to audiotape record your/your child's dietary interview so that survey staff may check the quality of my work. You may allow us to record the interview or not. That is your choice. As with all of the examination procedures, the information on the audiotape is protected and kept confidential. The audiotape will be erased after quality control review has been completed. Once the interview begins, you may stop the audiotaping at any time. At the end of the interview, you can choose to have the audiotape destroyed.*

As the text implies, once you begin the tape, you must ask the SP or respondent for permission again, so that it will be recorded on the tape. In addition, once you complete the interview you will ask the SP/respondent for permission to keep the tape. You will be provided a laminated handcard with the scripted text for obtaining permission. The text is shown below.

***Script for Obtaining Recorded Permission of Audiotaping***

*The audiotape is now recording our conversation. Do I have your permission to record this interview? This recording will only be used to review the quality of my work.*

***If Respondent answers Yes:*** *Continue the audiotaping of the interview.*

***If Respondent answers No:*** *Stop the audiotaping immediately, then proceed with the interview.*

### ***Script for Obtaining Recorded Permission of Keeping the Audiotape***

*We have now completed the recording of the interview. Do I have your permission to keep this audiotape?*

***If Respondent answers Yes:*** *Keep the audiotape and send it back to the home office as instructed.*

***If Respondent answers No:*** *Destroy the audiotape immediately in the presence of the SP.*

If the SP does not give permission, you will immediately destroy the tape in their presence. To destroy the tape, use a pen or pencil to pull out a section of the ribbon and break or cut it.

Home office staff will review the audiotape to monitor the quality of the interview and provide written feedback to the interviewer. They will erase all audiotapes after they have been reviewed for quality.

### **9.3 Data Retrieval**

The overall quality of the data goes hand in hand with completeness; thus data retrieval is an integral part of quality control. To complete the dietary documentation on some SPs (particularly children), you may have to retrieve data from an outside source. The procedures for conducting data retrieval are described in detail in Chapter 8. When you complete your data collection on a recall that required data retrieval, and have recovered as much information as possible, the Dietary Recall status changes to “Complete.” If data retrieval was unsuccessful, open the remark box for the Meal you are trying to retrieve, and enter the statement: ***Data Retrieval Unsuccessful.***

### **9.4 Review of Data Collected**

The home office staff will review your work and provide feedback if needed. In particular, they will review the information that you enter into the other specify (OS) text box and the Remarks box to determine whether you could have coded the information using an existing response item. They will also monitor the procedures you use to misreport and add foods to the Intake. The feedback that you will receive is designed to help you collect accurate data as concisely as possible.

# Appendix A

## Main Food List

**APPENDIX A**  
**MAIN FOOD LIST**

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
1 milk	Yes	Milk
100% Bran cereal	Yes	Ready-to-Eat Cereals
100% Natural cereal	Yes	Ready-to-Eat Cereals
100% Shredded Wheat cereal	Yes	Ready-to-Eat Cereals
2 milk	Yes	Milk
3 Musketeer ice cream bar	Yes	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
40% Bran Flakes cereal	Yes	Ready-to-Eat Cereals
7 and 7 alcoholic mixed drink	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
7 layer dip	Yes	Dip
7 layer salad	Yes	Green Salads
7 Up	Yes	Sodas, Pop, Soft Drinks
7 Up Gold	Yes	Sodas, Pop, Soft Drinks
A1 Sauce	Yes	Condiments, Sauce, Salsa
Acidophilus milk	Yes	Milk
Acorn squash	Yes	Vegetables, Dry Beans
Air Crisps	Yes	Crackers
Air Heads candy	Yes	Candy
Alba	No	Flavored Milk Drinks
Alcoholic cocktail	No	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Alcoholic drink	No	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Alcoholic Irish coffee	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Alcoholic Mexican coffee	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Alcoholic mixed drink	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Alcoholic punch	No	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Alfalfa sprouts	Yes	Vegetables, Dry Beans
Alfredo sauce	Yes	Condiments, Sauce, Salsa
Alimentum formula	Yes	Formulas
All Bran cereal	Yes	Ready-to-Eat Cereals
All Sport drink	Yes	Juices (100%), Drinks, Ades
Almond butter	Yes	Peanut Butter
Almond chicken Chinese	Yes	Chinese Mixed Dishes
Almond Delight cereal	Yes	Ready-to-Eat Cereals
Almond Joy bar candy	Yes	Candy
Almond paste	No	Peanut Butter
Almond Roco candy	Yes	Candy
Almonds	Yes	Nuts, Seeds, and Mixtures of Nuts and Seeds
Alpha Bits cereal	Yes	Ready-to-Eat Cereals
Amaretto	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Ambrosia salad	Yes	Other Salads
American cheese	Yes	Cheese
Amish friendship bread	Yes	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
Anchovies	Yes	Fish, Shellfish
Andes Mints	Yes	Candy
Angel food cake	Yes	Cakes, Cupcakes, Snack Cakes
Angel hair pasta	Yes	Pasta: Noodles, Macaroni
Animal crackers	Yes	Crackers
Antelope	Yes	Beef, Lamb, Veal, Game Meats
Antipasto	Yes	Other Salads
Appetizers	No	Unknown Foods
Apple	Yes	Fruits, Berries
Apple Betty	Yes	Cobblers, Crisps, Strudels, Turnovers
Apple butter	Yes	Jam, Jelly, Fruit Spreads
Apple chips	Yes	Fruits, Berries
Apple cider	Yes	Juices (100%), Drinks, Ades
Apple cobbler	Yes	Cobblers, Crisps, Strudels, Turnovers
Apple crisp	Yes	Cobblers, Crisps, Strudels, Turnovers
Apple dumpling	Yes	Dumpling(s)
Apple Jacks cereal	Yes	Ready-to-Eat Cereals
Apple juice	Yes	Juices (100%), Drinks, Ades
Apple pie	Yes	Pies, Tarts
Apple rings	Yes	Fruits, Berries
Apple turnover	Yes	Cobblers, Crisps, Strudels, Turnovers
Applesauce	Yes	Fruits, Berries
Apricot	Yes	Fruits, Berries
Arbys croissant sandwich	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Arbys french fries	Yes	French Fries, Tater Tots
Arbys roast beef sandwich	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Arizona Tea	Yes	Tea, Hot & Iced
Arrowroot cookie	Yes	Crackers
Arroz	Yes	Rice
Arroz con coco	Yes	Rice
Artichoke	Yes	Vegetables, Dry Beans
Artichoke dip	Yes	Dip
Artificial sweetener	No	Low Calorie Sweeteners, Sugar Substitutes
Arugula	Yes	Vegetables, Dry Beans
Asian pear	Yes	Fruits, Berries
Asopao de gandules	Yes	Mixed Dishes, Casseroles
Asparagus	Yes	Vegetables, Dry Beans
Aspartame sugar substitute	No	Low Calorie Sweeteners, Sugar Substitutes
Atole	Yes	Flavored Milk Drinks
Atole de avena	Yes	Flavored Milk Drinks
Atole de chocolate	Yes	Flavored Milk Drinks
Au gratin potato	Yes	White Potatoes
Avocado	Yes	Fruits, Berries
Avocado dip	Yes	Dip
Avocado dressing	Yes	Salad Dressings, Mayonnaise
Awake drink	Yes	Juices (100%), Drinks, Ades

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
Baba Ganush	Yes	Dip
Babka	Yes	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Baby formula	No	Formulas
Baby Ruth bar	Yes	Candy
Bacalaito	Yes	Fish, Shellfish
Bacardi cocktail	No	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Bacon	No	Bacon
Bacon and cheese sandwich	No	Bacon, Sausage, BLT Sandwiches
Bacon and egg sandwich	No	Bacon, Sausage, BLT Sandwiches
Bacon bits	Yes	Bacon
Bacon cheeseburger	No	Hamburger on Bun or Bread (not from fast food)
Bacon egg and cheese sandwich	No	Bacon, Sausage, BLT Sandwiches
Bacon sandwich	No	Bacon, Sausage, BLT Sandwiches
Bagel	Yes	Rolls, Buns, Bagels, English Muffins
Bagel Bites	Yes	Pizza, Pizza Rolls, Bagel Bites
Bagel chips	Yes	Crackers
Bagel Sandwich	No	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Baguette	Yes	Bread (Not Sweet)
Baileys Irish Cream	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Baked Alaska	Yes	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Baked apples	Yes	Fruits, Berries
Baked beans	Yes	Baked Beans
Baked chicken	Yes	Poultry
Baked chicken leg	Yes	Poultry
Baked potato	Yes	White Potatoes
Baklava	Yes	Cobblers, Crisps, Strudels, Turnovers
Balsam pear	Yes	Vegetables, Dry Beans
Bamboo shoots	Yes	Vegetables, Dry Beans
Banana	Yes	Fruits, Berries
Banana bread	Yes	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), Croissants
Banana chips	Yes	Fruits, Berries
Banana cream pie	Yes	Pies, Tarts
Banana drink powder	Yes	Syrups, Pancake Syrup
Banana nut bread	Yes	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Banana Nut Crunch cereal	Yes	Ready-to-Eat Cereals
Banana pudding	Yes	Pudding
Banana split	Yes	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Bar	No	Unknown Foods
Barcadi Breezer	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Barley	No	Cooked Cereals
Basic 4 cereal	Yes	Ready-to-Eat Cereals
Baskin Robbins shake	Yes	Milk Shakes
Basmati rice	Yes	Rice

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
Battered curly fries	Yes	French Fries, Tater Tots
Battered fries	Yes	French Fries, Tater Tots
Bbq	No	Barbecue, Sloppy Joe
Bbq chicken	Yes	Poultry
Bbq ribs	Yes	Ham or Pork
Bbq sandwich	No	Barbecue, Sloppy Joe
Bbq sauce	Yes	Condiments, Sauce, Salsa
Bbq spareribs	Yes	Ham or Pork
Bean burger	Yes	Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees
Bean burrito Mexican	Yes	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopas, Pupusas
Bean curd	Yes	Vegetables, Dry Beans
Bean dip	Yes	Dip
Bean enchilada Mexican	Yes	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopas, Pupusas
Bean loaf	No	Meatloaf, Meatballs
Bean paste	Yes	Jam, Jelly, Fruit Spreads
Bean salad	Yes	Other Salads
Bean soup	Yes	Soups
Bean sprouts	Yes	Vegetables, Dry Beans
Beans	Yes	Vegetables, Dry Beans
Beans and franks	Yes	Baked Beans
Beans and rice	No	Beans and Rice
Bear	Yes	Beef, Lamb, Veal, Game Meats
Beaver	Yes	Beef, Lamb, Veal, Game Meats
Beef	Yes	Beef, Lamb, Veal, Game Meats
Beef and bean burrito Mexican	Yes	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopas, Pupusas
Beef and broccoli Chinese	Yes	Chinese Mixed Dishes
Beef and noodles	Yes	Mixed Dishes, Casseroles
Beef and potatoes	Yes	Mixed Dishes, Casseroles
Beef and rice	Yes	Mixed Dishes, Casseroles
Beef and vegetables	Yes	Mixed Dishes, Casseroles
Beef barley soup	Yes	Soups
Beef bbq	Yes	Barbecue, Sloppy Joe
Beef bbq sandwich	Yes	Barbecue, Sloppy Joe
Beef bouillon	Yes	Soups
Beef burrito Mexican	Yes	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopas, Pupusas
Beef curry	Yes	Curry
Beef enchilada frz din	No	Frozen Meals, Frozen Main Dishes
Beef enchilada Mexican	Yes	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopas, Pupusas
Beef fajita Mexican	Yes	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopas, Pupusas

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
Beef flauta Mexican	Yes	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopas, Pupusas
Beef fried rice Chinese	Yes	Chinese Mixed Dishes
Beef hash	Yes	Mixed Dishes, Casseroles
Beef jerky	Yes	Jerky, Dried Meats
Beef liver	Yes	Liver, Organ Meats
Beef lo mein Chinese	Yes	Chinese Mixed Dishes
Beef mixed dish	No	Mixed Dishes, Casseroles
Beef pot pie	Yes	Pot Pie
Beef ribs	Yes	Beef, Lamb, Veal, Game Meats
Beef stew	Yes	Stews, Guisado, Goulash
Beef stroganoff	Yes	Beef Stroganoff
Beef taco Mexican	Yes	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopas, Pupusas
Beef tostada Mexican	Yes	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopas, Pupusas
Beef w vegetables Chinese	Yes	Chinese Mixed Dishes
Beefaroni	Yes	Spaghetti, Spaghetti and Sauce, Spaghetti with Meatballs/Meat Sauce
Beer	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Beer nuts	Yes	Nuts, Seeds, and Mixtures of Nuts and Seeds
Beet borscht soup	Yes	Soups
Beet greens	Yes	Vegetables, Dry Beans
Beets	Yes	Vegetables, Dry Beans
Beignet doughnut	Yes	Doughnuts
Belgian waffle	Yes	Waffles
Ben and Jerrys ice cream	No	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Benecol Margarine	No	Butter, Margarine, Spreads, Butter Replacements
Benedictine	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Berries	Yes	Fruits, Berries
Berry Berry Kix cereal	Yes	Ready-to-Eat Cereals
Best O Butter powder	Yes	Butter, Margarine, Spreads, Butter Replacements
Bf	No	Jarred (Not Dry) Baby Foods
Bf apple banana juice	Yes	Juice, Baby Food
Bf apple cherry juice	Yes	Juice, Baby Food
Bf apple grape juice	Yes	Juice, Baby Food
Bf apple juice	Yes	Juice, Baby Food
Bf apple raspberry	Yes	Jarred (Not Dry) Baby Foods
Bf apple sweetpotato juice	Yes	Juice, Baby Food
Bf applesauce	Yes	Jarred (Not Dry) Baby Foods
Bf applesauce and apricots	Yes	Jarred (Not Dry) Baby Foods
Bf apricots	Yes	Jarred (Not Dry) Baby Foods
Bf bananas	Yes	Jarred (Not Dry) Baby Foods
Bf barley cereal	Yes	Dry Baby Cereal
Bf beef	Yes	Jarred (Not Dry) Baby Foods
Bf beef noodle din	Yes	Jarred (Not Dry) Baby Foods
Bf carrots	Yes	Jarred (Not Dry) Baby Foods

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
Bf cereal	No	Dry Baby Cereal
Bf chicken	Yes	Jarred (Not Dry) Baby Foods
Bf chicken noodle din	Yes	Jarred (Not Dry) Baby Foods
Bf chicken noodle vegetable din	Yes	Jarred (Not Dry) Baby Foods
Bf chicken stick	Yes	Jarred (Not Dry) Baby Foods
Bf cookie	Yes	Cookies, Brownies
Bf crackers	Yes	Crackers
Bf creamed spinach	Yes	Jarred (Not Dry) Baby Foods
Bf custard pudding	Yes	Jarred (Not Dry) Baby Foods
Bf din	No	Jarred (Not Dry) Baby Foods
Bf fruit	No	Jarred (Not Dry) Baby Foods
Bf fruit dessert	Yes	Jarred (Not Dry) Baby Foods
Bf garden vegetables	Yes	Jarred (Not Dry) Baby Foods
Bf grape juice	Yes	Juice, Baby Food
Bf green beans	Yes	Jarred (Not Dry) Baby Foods
Bf high protein cereal	Yes	Dry Baby Cereal
Bf juice	No	Juice, Baby Food
Bf macaroni and beef din	Yes	Jarred (Not Dry) Baby Foods
Bf macaroni and cheese	Yes	Jarred (Not Dry) Baby Foods
Bf mango grape pear juice	Yes	Juice, Baby Food
Bf meat	No	Jarred (Not Dry) Baby Foods
Bf meat sticks	Yes	Jarred (Not Dry) Baby Foods
Bf mixed cereal	Yes	Dry Baby Cereal
Bf mixed cereal w applesauce and banana	Yes	Jarred (Not Dry) Baby Foods
Bf mixed cereal w bananas	Yes	Dry Baby Cereal
Bf mixed cereal w fruit	Yes	Dry Baby Cereal
Bf mixed fruit juice	Yes	Juice, Baby Food
Bf mixed vegetables	Yes	Jarred (Not Dry) Baby Foods
Bf oatmeal	Yes	Dry Baby Cereal
Bf oatmeal w applesauce and banana	Yes	Jarred (Not Dry) Baby Foods
Bf oatmeal w bananas	Yes	Dry Baby Cereal
Bf oatmeal w fruit	Yes	Dry Baby Cereal
Bf orange juice	Yes	Juice, Baby Food
Bf peaches	Yes	Jarred (Not Dry) Baby Foods
Bf pear juice	Yes	Juice, Baby Food
Bf pears	Yes	Jarred (Not Dry) Baby Foods
Bf peas	Yes	Jarred (Not Dry) Baby Foods
Bf pineapple dessert	Yes	Jarred (Not Dry) Baby Foods
Bf plums	Yes	Jarred (Not Dry) Baby Foods
Bf rice cereal	Yes	Dry Baby Cereal
Bf rice cereal w apples	Yes	Dry Baby Cereal
Bf rice cereal w applesauce and bananas	No	Jarred (Not Dry) Baby Foods

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
Bf rice cereal w bananas	Yes	Dry Baby Cereal
Bf rice cereal w fruit	Yes	Dry Baby Cereal
Bf spaghetti din	Yes	Jarred (Not Dry) Baby Foods
Bf squash	Yes	Jarred (Not Dry) Baby Foods
Bf sweetpotatoes	Yes	Jarred (Not Dry) Baby Foods
Bf teething biscuit	Yes	Cookies, Brownies
Bf turkey	No	Jarred (Not Dry) Baby Foods
Bf turkey rice vegetable din	Yes	Jarred (Not Dry) Baby Foods
Bf vanilla pudding	Yes	Jarred (Not Dry) Baby Foods
Bf vegetable	No	Jarred (Not Dry) Baby Foods
Bf vegetable beef din	Yes	Jarred (Not Dry) Baby Foods
Bf vegetable chicken din	Yes	Jarred (Not Dry) Baby Foods
Bf vegetable ham din	Yes	Jarred (Not Dry) Baby Foods
Bf vegetable turkey din	Yes	Jarred (Not Dry) Baby Foods
BG frz din	No	Frozen Meals, Frozen Main Dishes
Big Hunk bar	Yes	Candy
Big Jerk jerky	Yes	Jerky, Dried Meats
Big Wheel snack cake	Yes	Cakes, Cupcakes, Snack Cakes
Birch beer	Yes	Sodas, Pop, Soft Drinks
Birthday cake	Yes	Cakes, Cupcakes, Snack Cakes
Biscotti	Yes	Cookies, Brownies
Biscuit	No	Biscuits
Biscuit w gravy	Yes	Biscuits
Bit O Honey candy	Yes	Candy
Bitter melon	Yes	Vegetables, Dry Beans
BK biscuit	Yes	Biscuits
BK cheeseburger	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
BK chicken salad	Yes	Green Salads
BK chicken sandwich	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
BK croissant sandwich	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
BK double cheeseburger	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
BK fish sandwich	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
BK french fries	Yes	French Fries, Tater Tots
BK hamburger	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
BK hash browns	Yes	White Potatoes
BK milkshake	Yes	Milk Shakes
BK salad	Yes	Green Salads
BK sandwich	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
BK Whopper	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
BK Whopper Jr	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
BK Whopper Jr w cheese	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
BK Whopper w cheese	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Black beans	Yes	Vegetables, Dry Beans
Black ripe olives	Yes	Olives
Blackberries	Yes	Fruits, Berries
Blackeyed peas	Yes	Vegetables, Dry Beans

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
Blimpies Sandwich	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Blimpies Sub	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Blintz	Yes	Cobblers, Crisps, Strudels, Turnovers
Blondie cookie	Yes	Cookies, Brownies
Bloody Mary	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Blow Pop	Yes	Candy
BLT sandwich	No	Bacon, Sausage, BLT Sandwiches
Blue cheese	Yes	Cheese
Blue cheese dip	Yes	Dip
Blue cheese dressing	Yes	Salad Dressings, Mayonnaise
Blueberries	Yes	Fruits, Berries
Blueberry Morning cereal	Yes	Ready-to-Eat Cereals
Blueberry muffin	Yes	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Blueberry pancakes	Yes	Pancakes/Flapjacks
Blueberry pie	Yes	Pies, Tarts
Blueberry syrup	Yes	Syrups, Pancake Syrup
Blueberry waffle	Yes	Waffles
Blush wine	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Boca burger	Yes	Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees
Boiled potato	Yes	White Potatoes
Boilermaker	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Bok choy	Yes	Vegetables, Dry Beans
Bologna	Yes	Deli Meats, Packaged Lunch Meats, Meat Spreads, Potted Meat
Bologna and cheese s	No	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Bologna sandwich	No	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Bonkers candy	Yes	Candy
Boost supplement	Yes	Powdered Breakfast Drinks, Meal Replacements, Protein Supplements
Boston baked beans	Yes	Baked Beans
Bottled water	Yes	Water, Carbonated Water
Bouillabaisse	Yes	Fish, Shellfish
Bourbon	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Boysenberries	Yes	Fruits, Berries
Brains	Yes	Liver, Organ Meats
Bran cereal	Yes	Ready-to-Eat Cereals
Bran flakes cereal	Yes	Ready-to-Eat Cereals
Bran muffin	Yes	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Brandy	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Bratwurst sausage	Yes	Sausage
Brazil nuts	Yes	Nuts, Seeds, and Mixtures of Nuts and Seeds
Bread	No	Bread (Not Sweet)
Bread pudding	Yes	Pudding
Breadfruit	Yes	Vegetables, Dry Beans
Breadsticks	No	Breadsticks

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
Breakfast	No	Unknown Foods
Breakfast bar	Yes	Breakfast Bars, Granola Bars, Meal Replacement Bars
Breakfast burrito Mexican	Yes	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopas, Pupusas
Breakfast links	Yes	Sausage
Breakfast sausage	Yes	Sausage
Breast milk	No	Breast Milk
Breath mints	Yes	Candy
Breath Savers	Yes	Candy
Brie cheese	Yes	Cheese
Brisket	Yes	Beef, Lamb, Veal, Game Meats
Broccoflower	Yes	Vegetables, Dry Beans
Broccoli	Yes	Vegetables, Dry Beans
Broth	No	Soups
Brown rice	Yes	Rice
Brown sugar	Yes	Sugars
Brownie	Yes	Cookies, Brownies
Brummel and Brown Spread	Yes	Butter, Margarine, Spreads, Butter Replacements
Brussel sprouts	Yes	Vegetables, Dry Beans
Bubble gum	Yes	Candy
Buckwheat groats	Yes	Cooked Cereals
Buffalo	Yes	Beef, Lamb, Veal, Game Meats
Buffalo chicken wings	Yes	Poultry
Buffet	No	Unknown Foods
Bugles	Yes	Chips, Puffs, Twists, Potato Sticks
Bulgur	No	Cooked Cereals
Bun	Yes	Rolls, Buns, Bagels, English Muffins
Burger	No	Hamburger on Bun or Bread (not from fast food)
Burgundy wine	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Burrito Mexican	Yes	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopas, Pupusas
Butter	Yes	Butter, Margarine, Spreads, Butter Replacements
Butter beans	Yes	Vegetables, Dry Beans
Butter Buds powder	Yes	Butter, Margarine, Spreads, Butter Replacements
Butter cookie	Yes	Cookies, Brownies
Butter creams	Yes	Candy
Butter replacement	Yes	Butter, Margarine, Spreads, Butter Replacements
Butter substitute	No	Butter, Margarine, Spreads, Butter Replacements
Butterfinger bar	Yes	Candy
Butterfinger BBs	Yes	Candy
Buttermilk	Yes	Milk
Buttermilk biscuit	Yes	Biscuits
Buttermilk pancakes	Yes	Pancakes/Flapjacks
Butternut squash	Yes	Vegetables, Dry Beans
Butterscotch hard candy	Yes	Candy
Butterscotch pudding	Yes	Pudding

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
Butterscotch topping	Yes	Syrups, Pancake Syrup
Cabbage	Yes	Vegetables, Dry Beans
Cabbage soup	Yes	Soups
Cacciatore sauce	No	Spaghetti Sauce
Cactus	Yes	Vegetables, Dry Beans
Cadbury bar	Yes	Candy
Cadbury cream egg	Yes	Candy
Caesar dressing	Yes	Salad Dressings, Mayonnaise
Caesar salad	Yes	Green Salads
Cajun rice	Yes	Rice
Cake	No	Cakes, Cupcakes, Snack Cakes
Calabaza	Yes	Vegetables, Dry Beans
Calamari	Yes	Fish, Shellfish
Calcium fortified milk	Yes	Milk
Calzone	Yes	Calzones, Stromboli
Canadian bacon	Yes	Bacon
Candied apple	Yes	Fruits, Berries
Candied sweetpotato	Yes	Sweet Potatoes
Candy	No	Candy
Candy bar	No	Candy
Candy Buttons	Yes	Candy
Candy cane	Yes	Candy
Candy corn	Yes	Candy
Candy hearts	Yes	Candy
Candy necklace	Yes	Candy
Cannelloni	Yes	Ravioli, Tortellini, Manicotti, Cannelloni, Stuffed Shells
Cannoli pastry	Yes	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Cantaloupe	Yes	Fruits, Berries
Cappucino coffee	Yes	Coffee, Specialty Coffees
Capri Sun drink	Yes	Juices (100%), Drinks, Ades
Captain Crunch cereal	Yes	Ready-to-Eat Cereals
Caramel apple	Yes	Fruits, Berries
Caramel corn	Yes	Popcorn
Caramel Creams	Yes	Candy
Caramel dip	Yes	Dip
Caramel popcorn	Yes	Popcorn
Caramel roll	Yes	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Caramel topping	Yes	Syrups, Pancake Syrup
Caramello bar	Yes	Candy
Caramels	Yes	Candy
Carbonated water	Yes	Water, Carbonated Water
Carls Jr Sandwich	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Carnation Alsoy formula	Yes	Formulas
Carnation Follow Up formula	Yes	Formulas

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
Carnation Good Start formula	Yes	Formulas
Carnation Instant Breakfast	Yes	Powdered Breakfast Drinks, Meal Replacements, Protein Supplements
Carne guisada	Yes	Stews, Guisado, Goulash
Carrot bread	Yes	Bread (Not Sweet)
Carrot cake	Yes	Cakes, Cupcakes, Snack Cakes
Carrot juice	Yes	Juices (100%), Drinks, Ades
Carrot raisin salad	Yes	Other Salads
Carrot sticks	Yes	Vegetables, Dry Beans
Carrots	Yes	Vegetables, Dry Beans
Cashew butter	Yes	Peanut Butter
Cashew chicken Chinese	Yes	Chinese Mixed Dishes
Cashew nuts	Yes	Nuts, Seeds, and Mixtures of Nuts and Seeds
Cassava	Yes	Vegetables, Dry Beans
Casserole	No	Mixed Dishes, Casseroles
Catalina dressing	Yes	Salad Dressings, Mayonnaise
Catfish	Yes	Fish, Shellfish
Catsup	Yes	Condiments, Sauce, Salsa
Cauliflower	Yes	Vegetables, Dry Beans
Caviar	Yes	Fish, Shellfish
Celery	Yes	Vegetables, Dry Beans
Cereal	No	Ready-to-Eat Cereals
Cereal bar	No	Breakfast Bars, Granola Bars, Meal Replacement Bars
Certs	Yes	Candy
Ceviche	Yes	Fish, Shellfish
Chablis wine	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Challah bread	Yes	Bread (Not Sweet)
Chalupa Mexican	Yes	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
Chalupa shell	Yes	Tortillas, Taco Shells, Gordita Shells, Sope Shells, Chalupa Shells
Champagne	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Chapati Indian bread	Yes	Bread (Not Sweet)
Chardonnay wine	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Charleston Chew bar	Yes	Candy
Charm Pop	Yes	Candy
Chartreuse liqueur	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Chayote	Yes	Vegetables, Dry Beans
Cheddar cheese	Yes	Cheese
Cheerios cereal	Yes	Ready-to-Eat Cereals
Cheese	No	Cheese
Cheese and breadsticks	No	Breadsticks
Cheese and crackers	No	Crackers
Cheese and crackers snack package	No	Crackers
Cheese ball	Yes	Cheese
Cheese ball puffs	Yes	Chips, Puffs, Twists, Potato Sticks
Cheese bread	Yes	Bread (Not Sweet)

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
Cheese burrito Mexican	Yes	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopas, Pupusas
Cheese cracker sticks	Yes	Crackers
Cheese crackers	Yes	Crackers
Cheese curls	Yes	Chips, Puffs, Twists, Potato Sticks
Cheese dip	Yes	Dip
Cheese Doodles	Yes	Chips, Puffs, Twists, Potato Sticks
Cheese enchilada frz din	No	Frozen Meals, Frozen Main Dishes
Cheese enchilada Mexican	Yes	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopas, Pupusas
Cheese fondue	Yes	Dip
Cheese gnocchi	Yes	Gnocchi
Cheese grits	Yes	Cooked Cereals
Cheese Nips	Yes	Crackers
Cheese pierogi	Yes	Dumpling(s)
Cheese pizza	Yes	Pizza, Pizza Rolls, Bagel Bites
Cheese popcorn	Yes	Popcorn
Cheese pressurized can	Yes	Cheese
Cheese puffs	Yes	Chips, Puffs, Twists, Potato Sticks
Cheese quesadilla Mexican	Yes	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopas, Pupusas
Cheese sandwich	Yes	Grilled Cheese and Cheese Sandwiches
Cheese sandwich crackers	Yes	Crackers
Cheese sauce	Yes	Condiments, Sauce, Salsa
Cheese spread	Yes	Cheese
Cheese sticks	Yes	Cheese
Cheese turnover	Yes	Cobblers, Crisps, Strudels, Turnovers
Cheeseburger	No	Hamburger on Bun or Bread (not from fast food)
Cheesecake	No	Cakes, Cupcakes, Snack Cakes
Cheetos	Yes	Chips, Puffs, Twists, Potato Sticks
Cheez Its	Yes	Crackers
Cheez Whiz	Yes	Cheese
Chefs salad	Yes	Green Salads
Cherries	Yes	Fruits, Berries
Cherry cobbler	Yes	Cobblers, Crisps, Strudels, Turnovers
Cherry Coke	Yes	Sodas, Pop, Soft Drinks
Cherry cola	Yes	Sodas, Pop, Soft Drinks
Cherry pie	Yes	Pies, Tarts
Cherry turnover	Yes	Cobblers, Crisps, Strudels, Turnovers
Chestnuts	Yes	Nuts, Seeds, and Mixtures of Nuts and Seeds
Chew Its candy	Yes	Candy
Chewing gum	Yes	Candy
Chex cereal	Yes	Ready-to-Eat Cereals
Chex Party mix	Yes	Trail and Snack Mix
Chianti wine	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Chicken	Yes	Poultry

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
Chicken a la King	Yes	Mixed Dishes, Casseroles
Chicken and dumplings	Yes	Mixed Dishes, Casseroles
Chicken and noodles	Yes	Mixed Dishes, Casseroles
Chicken and rice	Yes	Mixed Dishes, Casseroles
Chicken and vegetables	Yes	Mixed Dishes, Casseroles
Chicken back	Yes	Poultry
Chicken bbq sandwich	Yes	Barbecue, Sloppy Joe
Chicken bites	Yes	Poultry
Chicken bouillon	Yes	Soups
Chicken breast	Yes	Poultry
Chix breast luncheon deli meat	Yes	Deli Meats, Packaged Lunch Meats, Meat Spreads, Potted Meat
Chicken broth	Yes	Soups
Chicken burrito Mexican	Yes	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopas, Pupusas
Chicken burritos frz din	No	Frozen Meals, Frozen Main Dishes
Chicken cacciatore	Yes	Mixed Dishes, Casseroles
Chicken Caesar salad	Yes	Green Salads
Chicken chow mein Chinese	Yes	Chinese Mixed Dishes
Chicken club sandwich	No	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Chicken cordon bleu	Yes	Mixed Dishes, Casseroles
Chicken curry	Yes	Curry
Chicken divan	Yes	Mixed Dishes, Casseroles
Chicken drummette	Yes	Poultry
Chicken drumstick	Yes	Poultry
Chicken enchilada frz din	No	Frozen Meals, Frozen Main Dishes
Chicken enchilada Mexican	Yes	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopas, Pupusas
Chicken fajita Mexican	Yes	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopas, Pupusas
Chicken fajitas frz din	No	Frozen Meals, Frozen Main Dishes
Chicken fillet	Yes	Poultry
Chicken fillet sandwich	No	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Chicken fingers	Yes	Poultry
Chicken flauta Mexican	Yes	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopas, Pupusas
Chicken fricassee	Yes	Mixed Dishes, Casseroles
Chicken fried rice Chinese	Yes	Chinese Mixed Dishes
Chicken fried steak	Yes	Beef, Lamb, Veal, Game Meats
Chicken frz din	No	Frozen Meals, Frozen Main Dishes
Chicken Helper	Yes	Hamburger Helper, Chicken Helper, Tuna Helper
Chicken kiev	Yes	Mixed Dishes, Casseroles
Chicken leg	Yes	Poultry
Chicken liver	Yes	Liver, Organ Meats
Chicken lo mein Chinese	Yes	Chinese Mixed Dishes
Chicken marsala	Yes	Mixed Dishes, Casseroles
Chicken mini drums	Yes	Poultry

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
Chicken mixed dish	No	Mixed Dishes, Casseroles
Chicken neck	Yes	Poultry
Chicken noodle soup	Yes	Soups
Chicken nuggets	Yes	Poultry
Chicken nuggets frz din	No	Frozen Meals, Frozen Main Dishes
Chicken parmigiana	Yes	Mixed Dishes, Casseroles
Chicken patty	Yes	Poultry
Chicken patty sandwich	No	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Chicken pot pie	Yes	Pot Pie
Chicken rice soup	Yes	Soups
Chicken Rondelets	Yes	Poultry
Chicken salad	Yes	Other Salads
Chicken salad sandwich	No	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Chicken sandwich	No	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Chicken skin	Yes	Poultry
Chicken soup	Yes	Soups
Chicken sticks	Yes	Poultry
Chicken strips	Yes	Poultry
Chicken taco Mexican	Yes	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
Chicken tenders	Yes	Poultry
Chicken teriyaki Chinese	Yes	Chinese Mixed Dishes
Chicken tetrazzini	Yes	Mixed Dishes, Casseroles
Chicken thigh	Yes	Poultry
Chicken tostada Mexican	Yes	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
Chicken vegetable soup	Yes	Soups
Chicken w broccoli Chinese	Yes	Chinese Mixed Dishes
Chicken w vegetables Chinese	Yes	Chinese Mixed Dishes
Chicken wing	Yes	Poultry
Chicken wing dings	Yes	Poultry
Chickpea dip	Yes	Dip
Chickpeas	Yes	Vegetables, Dry Beans
Chickpeas and rice	Yes	Beans and Rice
Chicory	Yes	Vegetables, Dry Beans
Chilaquile Mexican	Yes	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
Chilaquiles Mexican	Yes	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
Chiles rellenos	Yes	Stuffed Cabbage, Stuffed Peppers, Stuffed Graped Leaves, Chile Rellenos
Chili	No	Chili, Chili Con Carne
Chili beans	Yes	Vegetables, Dry Beans
Chili con carne	Yes	Chili, Chili Con Carne
Chili con queso	Yes	Dip
Chili dog	No	Hot Dogs
Chili mac	No	Chili, Chili Con Carne

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
Chili pepper	Yes	Vegetables, Dry Beans
Chili sauce	Yes	Condiments, Sauce, Salsa
Chili w cheese	No	Chili, Chili Con Carne
Chiliburger	No	Hamburger on Bun or Bread (not from fast food)
Chimichanga Mexican	Yes	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopas, Pupusas
Chinese cabbage	Yes	Vegetables, Dry Beans
Chinese food	No	Unknown Foods
Chinese melon	Yes	Vegetables, Dry Beans
Chinese mixed dish	No	Chinese Mixed Dishes
Chinese noodles	Yes	Pasta: Noodles, Macaroni
Chinese pancakes	Yes	Pancakes/Flapjacks
Chinese rice Chinese	Yes	Chinese Mixed Dishes
Chinese string beans	Yes	Chinese Mixed Dishes
Chipped beef	Yes	Jerky, Dried Meats
Chips	No	Chips, Puffs, Twists, Potato Sticks
Chipwich ice cream sandwich	Yes	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Chitterlings	Yes	Liver, Organ Meats
Chives	Yes	Vegetables, Dry Beans
Choco Taco ice cream sandwich	Yes	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Chocolate	No	Candy
Chocolate bar	No	Candy
Chocolate cake	Yes	Cakes, Cupcakes, Snack Cakes
Chocolate candy	Yes	Candy
Chocolate chip cookie	Yes	Cookies, Brownies
Chocolate chip muffin	Yes	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Chocolate chip pancakes	Yes	Pancakes/Flapjacks
Chocolate chips	Yes	Candy
Chocolate cookie	Yes	Cookies, Brownies
Chocolate covered cherries	Yes	Candy
Chocolate covered peanuts	Yes	Candy
Chocolate covered raisins	Yes	Candy
Chocolate cream pie	Yes	Pies, Tarts
Chocolate cupcake	Yes	Cakes, Cupcakes, Snack Cakes
Chocolate dip	Yes	Dip
Chocolate doughnut	Yes	Doughnuts
Chocolate drink powder	Yes	Syrups, Pancake Syrup
Chocolate eclair	Yes	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Chocolate egg	Yes	Candy
Chocolate fondue	Yes	Dip
Chocolate frosted cereal	Yes	Ready-to-Eat Cereals
Chocolate Malt O Meal cereal	Yes	Ready-to-Eat Cereals
Chocolate meringue pie	Yes	Pies, Tarts

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
Chocolate milk	Yes	Flavored Milk Drinks
Chocolate milkshake	Yes	Milk Shakes
Chocolate mints	Yes	Candy
Chocolate mousse	Yes	Pudding
Chocolate pudding	Yes	Pudding
Chocolate pudding pie	Yes	Pies, Tarts
Chocolate sauce	Yes	Condiments, Sauce, Salsa
Chocolate syrup	Yes	Syrups, Pancake Syrup
Chop suey Chinese	Yes	Chinese Mixed Dishes
Chorizos sausage	Yes	Sausage
Chow mein Chinese	Yes	Chinese Mixed Dishes
Chow mein noodles	Yes	Pasta: Noodles, Macaroni
Chowder	Yes	Soups
Christmas candy	Yes	Candy
Christophine	Yes	Vegetables, Dry Beans
Chuckles candy	Yes	Candy
Chunky candy bar	Yes	Candy
Church supper	No	Unknown Foods
Churro	Yes	Doughnuts
Chutney	Yes	Condiments, Sauce, Salsa
Cider	Yes	Juices (100%), Drinks, Ades
Cilantro	Yes	Vegetables, Dry Beans
Cinnabon	Yes	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Cinnamon bun	Yes	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Cinnamon Hearts	Yes	Candy
Cinnamon raisin toast	Yes	Bread (Not Sweet)
Cinnamon roll	No	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Cinnamon sugar	Yes	Sugars
Cinnamon toast	Yes	Bread (Not Sweet)
Cinnamon Toast Crunch cereal	Yes	Ready-to-Eat Cereals
Circus Peanuts marshmallow	Yes	Candy
Clam chowder	Yes	Soups
Clam dip	Yes	Dip
Clam sauce	Yes	Condiments, Sauce, Salsa
Clam strips	Yes	Fish, Shellfish
Clams	Yes	Fish, Shellfish
Clams Casino	Yes	Fish, Shellfish
Clark bar	Yes	Candy
Clearly Canadian water	Yes	Water, Carbonated Water
Clementine	Yes	Fruits, Berries
Club crackers	Yes	Crackers
Club sandwich	No	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Club soda	Yes	Water, Carbonated Water

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
Cobb salad	Yes	Green Salads
Cobbler	Yes	Cobblers, Crisps, Strudels, Turnovers
Coca Cola	Yes	Sodas, Pop, Soft Drinks
Cocktail	No	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Cocktail party	No	Unknown Foods
Cocktail sauce	Yes	Condiments, Sauce, Salsa
Coco Roos cereal	Yes	Ready-to-Eat Cereals
Cocoa	Yes	Cocoa, Hot Chocolate
Cocoa Comets cereal	Yes	Ready-to-Eat Cereals
Cocoa Krispies cereal	Yes	Ready-to-Eat Cereals
Cocoa mix	Yes	Syrups, Pancake Syrup
Cocoa Pebbles cereal	Yes	Ready-to-Eat Cereals
Cocoa Puffs cereal	Yes	Ready-to-Eat Cereals
Coconut	Yes	Nuts, Seeds, and Mixtures of Nuts and Seeds
Coconut cream pie	Yes	Pies, Tarts
Coconut custard pie	Yes	Pies, Tarts
Coconut milk	Yes	Milk
Cod	Yes	Fish, Shellfish
Coffee	No	Coffee, Specialty Coffees
Coffee cake	Yes	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Coffee Coolatta	Yes	Coffee, Specialty Coffees
Coffee Mate creamer	Yes	Cream, Creamers, Whipped Toppings
Coffee substitute	Yes	Coffee, Specialty Coffees
Cognac	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Cointreau	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Coke	Yes	Sodas, Pop, Soft Drinks
Cola	Yes	Sodas, Pop, Soft Drinks
Cold cereal	No	Ready-to-Eat Cereals
Cold cut	No	Deli Meats, Packaged Lunch Meats, Meat Spreads, Potted Meat
Cold cut sandwich	No	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Cold cut sub	No	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Coleslaw	Yes	Other Salads
Collard greens	Yes	Vegetables, Dry Beans
Collards	Yes	Vegetables, Dry Beans
Combos	No	Crackers
Common Sense Oat Bran cereal	Yes	Ready-to-Eat Cereals
Condiment	No	Condiments, Sauce, Salsa
Confectioners sugar	Yes	Sugars
Consomme	Yes	Soups
Cooked cereal	No	Cooked Cereals
Cookie	No	Cookies, Brownies
Cookie Crisp cereal	Yes	Ready-to-Eat Cereals
Cookie dough	Yes	Cookies, Brownies
Cool Whip	Yes	Cream, Creamers, Whipped Toppings
Cordial	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
Corn	Yes	Vegetables, Dry Beans
Corn chips	Yes	Chips, Puffs, Twists, Potato Sticks
Corn chowder	Yes	Soups
Corn dog	Yes	Hot Dogs
Corn flakes	Yes	Ready-to-Eat Cereals
Corn muffin	Yes	Cornbread, Corn Muffins, Corn Pone
Corn nuts	Yes	Chips, Puffs, Twists, Potato Sticks
Corn on the cob	Yes	Vegetables, Dry Beans
Corn pone	Yes	Cornbread, Corn Muffins, Corn Pone
Corn Pops cereal	Yes	Ready-to-Eat Cereals
Corn Puffs cereal	Yes	Ready-to-Eat Cereals
Corn soufflé	Yes	Souffle
Corn tortilla no filling	Yes	Tortillas, Taco Shells, Gordita Shells, Sope Shells, Chalupa Shells
Cornbread	Yes	Cornbread, Corn Muffins, Corn Pone
Cornbread muffin	Yes	Cornbread, Corn Muffins, Corn Pone
Corned beef	Yes	Beef, Lamb, Veal, Game Meats
Corned beef hash	Yes	Mixed Dishes, Casseroles
Corned beef sandwich	No	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Cornish game hen	Yes	Poultry
Cornmeal	Yes	Cooked Cereals
Cornmeal mush	Yes	Cooked Cereals
Cottage cheese	No	Cottage Cheese
Cottage cheese salad	No	Cottage Cheese
Cotton candy	Yes	Candy
Cough drops	Yes	Candy
Count Chocula cereal	Yes	Ready-to-Eat Cereals
Country fried steak	Yes	Beef, Lamb, Veal, Game Meats
Couscous	Yes	Pasta: Noodles, Macaroni
Crab	Yes	Fish, Shellfish
Crab cake	Yes	Fish, Shellfish
Crab cake sandwich	No	Fish, Shellfish Sandwiches
Crab dip	Yes	Dip
Crab imperial	Yes	Fish, Shellfish
Crab legs	Yes	Fish, Shellfish
Crab Rangoon	Yes	Egg Roll, Spring Roll, Summer Roll, Fresh Garden Roll
Crab salad	Yes	Other Salads
Crab thermidor	Yes	Fish, Shellfish
Cracker Jacks	Yes	Popcorn
Crackers	No	Crackers
Cracklin Oat Bran cereal	Yes	Ready-to-Eat Cereals
Craisins	Yes	Fruits, Berries
Cranberries	Yes	Fruits, Berries
Cranberry bread	Yes	Bread (Not Sweet)
Cranberry juice	Yes	Juices (100%), Drinks, Ades
Cranberry juice cocktail	Yes	Juices (100%), Drinks, Ades
Cranberry sauce	Yes	Fruits, Berries

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
Crayfish	Yes	Fish, Shellfish
Cream	No	Cream, Creamers, Whipped Toppings
Cream cheese	No	Cream Cheese
Cream cheese dip	Yes	Dip
Cream of broccoli soup	Yes	Soups
Cream of mushroom soup	Yes	Soups
Cream of rice	Yes	Cooked Cereals
Cream of wheat	Yes	Cooked Cereals
Cream puff	Yes	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Cream soda	Yes	Sodas, Pop, Soft Drinks
Cream soup	No	Soups
Cream substitute	Yes	Cream, Creamers, Whipped Toppings
Creamed chipped beef	Yes	Mixed Dishes, Casseroles
Creamed corn	Yes	Vegetables, Dry Beans
Creamed macaroni	Yes	Mixed Dishes, Casseroles
Creamed spinach	Yes	Vegetables, Dry Beans
Creamer	Yes	Cream, Creamers, Whipped Toppings
Creamsicle	Yes	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Creamy dressing	Yes	Salad Dressings, Mayonnaise
Creme de Menthe	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Cremora	Yes	Cream, Creamers, Whipped Toppings
Crenshaw melon	Yes	Fruits, Berries
Creole	No	Creole
Crepe	Yes	Pancakes/Flapjacks
Crisp	Yes	Cobblers, Crisps, Strudels, Turnovers
Crispbread	Yes	Crackers
Crispix cereal	Yes	Ready-to-Eat Cereals
Crispy Crowns	Yes	French Fries, Tater Tots
Crispy Rice cereal	Yes	Ready-to-Eat Cereals
Crispy Wheat and Raisins cer	Yes	Ready-to-Eat Cereals
Croissant	Yes	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Croissant Pocket	Yes	Cobblers, Crisps, Strudels, Turnovers
Croissant sandwich	No	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Croquette	No	Mixed Dishes, Casseroles
Croutons	Yes	Bread (Not Sweet)
Crowder peas	Yes	Vegetables, Dry Beans
Cruller	Yes	Doughnuts
Crumpet	No	Biscuits
Crunch N Munch	Yes	Popcorn
Crunchy Corn Bran cereal	Yes	Ready-to-Eat Cereals
Crystal Bay water	Yes	Water, Carbonated Water
Cuban sandwich	No	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Cucumber	Yes	Vegetables, Dry Beans
Cucumber and onion salad	Yes	Other Salads

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
Cucumber salad	Yes	Other Salads
Cucumber sandwich	Yes	Vegetarian Sandwiches, Veggie Burger, Garden Burger, Sandwiches using Meat Substitutes, or "Meatless" Versions of Meat, Poultry or Fish
Cuerno	Yes	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Cupcake	No	Cakes, Cupcakes, Snack Cakes
Curacao	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Curly fries	Yes	French Fries, Tater Tots
Currants	Yes	Fruits, Berries
Curry	No	Curry
Custard	Yes	Pudding
Daiquiri	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Dairy Queen Blizzard	Yes	Milk Shakes
Dairy Queen Dilly bar	Yes	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Dairy Queen milkshake	Yes	Milk Shakes
Danish	Yes	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Dark chocolate	No	Candy
Dates	Yes	Fruits, Berries
Decaffeinated coffee	Yes	Coffee, Specialty Coffees
Deer	Yes	Beef, Lamb, Veal, Game Meats
Deer Park water	Yes	Water, Carbonated Water
Deli meat	No	Deli Meats, Packaged Lunch Meats, Meat Spreads, Potted Meat
Dessert	No	Unknown Foods
Dessert pizza	Yes	Pizza, Pizza Rolls, Bagel Bites
Deviled egg	Yes	Eggs, Egg Substitutes
Devils food cake	Yes	Cakes, Cupcakes, Snack Cakes
Diet Coke	Yes	Sodas, Pop, Soft Drinks
Diet cola	Yes	Sodas, Pop, Soft Drinks
Diet ginger ale	Yes	Sodas, Pop, Soft Drinks
Diet Pepsi	Yes	Sodas, Pop, Soft Drinks
Diet Rite Cola	Yes	Sodas, Pop, Soft Drinks
Diet soda	No	Sodas, Pop, Soft Drinks
Diet soft drink	No	Sodas, Pop, Soft Drinks
Diet Sprite	Yes	Sodas, Pop, Soft Drinks
Dijonnaise Mayonnaise Mustard Blend	Yes	Salad Dressings, Mayonnaise
Dill pickles	Yes	Pickles, Fried Pickles
Dim sum Chinese	Yes	Chinese Mixed Dishes
Din fries	Yes	French Fries, Tater Tots
Din roll	Yes	Rolls, Buns, Bagels, English Muffins
Ding Dongs	Yes	Cakes, Cupcakes, Snack Cakes
Dinner	No	Unknown Foods
Dinty Moore Beef Stew	Yes	Stews, Guisado, Goulash
Dip	No	Dip
Dirty rice	Yes	Rice

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
Donut	No	Doughnuts
Doritos	Yes	Chips, Puffs, Twists, Potato Sticks
Dots candy	Yes	Candy
Double bacon cheeseburger	No	Hamburger on Bun or Bread (not from fast food)
Double cheeseburger	No	Hamburger on Bun or Bread (not from fast food)
Double cooked pork Chinese	Yes	Chinese Mixed Dishes
Double Dip Crunch cereal	Yes	Ready-to-Eat Cereals
Double hamburger	No	Hamburger on Bun or Bread (not from fast food)
Doughnut	No	Doughnuts
Doughnut hole	Yes	Doughnuts
Dove chocolate candy bar	Yes	Candy
Dove game bird	Yes	Poultry
Dove ice cream bar	Yes	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Dr Pepper	Yes	Sodas, Pop, Soft Drinks
Drambuie	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Dream Whip	Yes	Cream, Creamers, Whipped Toppings
Dreamsicle	Yes	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Dressing bread type	No	Bread or Rice Stuffing, Dressing
Dried apple	Yes	Fruits, Berries
Dried apricots	Yes	Fruits, Berries
Dried fruit	Yes	Fruits, Berries
Drink	No	Unknown Foods
Drumstick ice cream cone	Yes	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Dry milk	Yes	Milk
Duck	Yes	Poultry
Duck egg	Yes	Eggs, Egg Substitutes
Duck sauce	Yes	Condiments, Sauce, Salsa
Dulce de leche	Yes	Candy
Dum Dums lollipop	Yes	Candy
Dumpling	No	Dumpling(s)
Dunkaroos	Yes	Crackers
Dunkin Donuts Bagel Sand	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Dunkin Donuts Omwich	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Dunkin Donuts Sandwich	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Easter bunny	Yes	Candy
Easter egg candy	Yes	Candy
Éclair	Yes	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Egg	Yes	Eggs, Egg Substitutes
Egg and sausage biscuit	No	Egg, Egg Salad Sandwiches
Egg Beaters	Yes	Eggs, Egg Substitutes
Egg cheese and bacon biscuit	No	Egg, Egg Salad Sandwiches
Egg drop soup	Yes	Soups
Egg foo young Chinese	Yes	Chinese Mixed Dishes
Egg noodles	Yes	Pasta: Noodles, Macaroni
Egg omelet	Yes	Eggs, Egg Substitutes

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
Egg roll	Yes	Egg Roll, Spring Roll, Summer Roll, Fresh Garden Roll
Egg salad	Yes	Other Salads
Egg salad sandwich	No	Egg, Egg Salad Sandwiches
Egg sandwich	No	Egg, Egg Salad Sandwiches
Egg substitute	Yes	Eggs, Egg Substitutes
Egg white	Yes	Eggs, Egg Substitutes
Egg yolk	Yes	Eggs, Egg Substitutes
Eggnog	No	Egg Nog
Eggo waffle	No	Waffles
Eggplant	Yes	Vegetables, Dry Beans
Eggplant dip	Yes	Dip
Eggplant parmesan	Yes	Mixed Dishes, Casseroles
Eggs Benedict	Yes	Eggs, Egg Substitutes
Elk	Yes	Beef, Lamb, Veal, Game Meats
Empanada	Yes	Cobblers, Crisps, Strudels, Turnovers
Emu	Yes	Poultry
Enchilada Mexican	Yes	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopas, Pupusas
Energy bar	No	Breakfast Bars, Granola Bars, Meal Replacement Bars
Enfamil 22 formula	Yes	Formulas
Enfamil AR formula	Yes	Formulas
Enfamil formula	Yes	Formulas
English muffin	Yes	Rolls, Buns, Bagels, English Muffins
English muffin pizza	Yes	Pizza, Pizza Rolls, Bagel Bites
English peas	Yes	Vegetables, Dry Beans
Ensure supplement	Yes	Powdered Breakfast Drinks, Meal Replacements, Protein Supplements
Equal sugar substitute	Yes	Low Calorie Sweeteners, Sugar Substitutes
Escargot	Yes	Fish, Shellfish
Eskimo pie	Yes	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Espresso coffee	Yes	Coffee, Specialty Coffees
Evaporated milk	Yes	Milk
Evian water	Yes	Water, Carbonated Water
Fajita Mexican	Yes	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopas, Pupusas
Falafil	Yes	Vegetables, Dry Beans
Farina	Yes	Cooked Cereals
Farmers cheese	No	Cottage Cheese
Fast food biscuit	Yes	Biscuits
Fast food french fries	Yes	French Fries, Tater Tots
Fast food milkshake	Yes	Milk Shakes
Fast food salad	Yes	Green Salads
Fast food sandwich	No	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Fasting	No	Unknown Foods
Fat	No	Butter, Margarine, Spreads, Butter Replacements
Fennel bulb	Yes	Vegetables, Dry Beans
Feta cheese	Yes	Cheese

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
Fettucine alfredo	Yes	Mixed Dishes, Casseroles
Ff cottage cheese	Yes	Cottage Cheese
Ff cream cheese	Yes	Cream Cheese
Ff dry milk	Yes	Milk
Ff milk	Yes	Milk
Ff yogurt	Yes	Yogurt
Fiber One cereal	Yes	Ready-to-Eat Cereals
Fiddle Faddle	Yes	Popcorn
Fifth Avenue bar	Yes	Candy
Fig bar	Yes	Cookies, Brownies
Fig Newton	Yes	Cookies, Brownies
Figs	Yes	Fruits, Berries
Filberts	Yes	Nuts, Seeds, and Mixtures of Nuts and Seeds
Filet mignon	Yes	Beef, Lamb, Veal, Game Meats
Firni Indian dessert	No	Pudding
Fish	No	Fish, Shellfish
Fish ball	Yes	Fish, Shellfish
Fish cake	No	Fish, Shellfish
Fish chowder	Yes	Soups
Fish creole	Yes	Creole
Fish fillet	No	Fish, Shellfish
Fish fillet sandwich	No	Fish, Shellfish Sandwiches
Fish fry	No	Unknown Foods
Fish frz din	No	Frozen Meals, Frozen Main Dishes
Fish patty	No	Fishsticks
Fish sandwich	No	Fish, Shellfish Sandwiches
Fish sticks	No	Fishsticks
Fish sticks frz din	No	Frozen Meals, Frozen Main Dishes
Flan	Yes	Pudding
Flank steak	Yes	Beef, Lamb, Veal, Game Meats
Flapjacks	No	Pancakes/Flapjacks
Flauta Mexican	Yes	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopas, Pupusas
Flavor Ice	Yes	Popsicles, Ices, Frozen Fruit Bars, Sorbets, Slurpees, Smoothies
Flavored applesauce	Yes	Fruits, Berries
Flavored milk	No	Flavored Milk Drinks
Flounder	Yes	Fish, Shellfish
Flounder w crab stuffing	Yes	Fish, Shellfish
Flour tortilla no filling	No	Tortillas, Taco Shells, Gordita Shells, Sope Shells, Chalupa Shells
Focaccia bread	Yes	Bread (Not Sweet)
Fondue	No	Dip
Formula	No	Formulas
Fortune cookie	Yes	Cookies, Brownies
Frankfurter	No	Hot Dogs
Frapuccino coffee	Yes	Coffee, Specialty Coffees
Freezer pop	Yes	Popsicles, Ices, Frozen Fruit Bars, Sorbets, Slurpees, Smoothies

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
French bread	Yes	Bread (Not Sweet)
French bread pizza	Yes	Pizza, Pizza Rolls, Bagel Bites
French Dip sandwich	No	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
French dressing	Yes	Salad Dressings, Mayonnaise
French fries	Yes	French Fries, Tater Tots
French onion dip	Yes	Dip
French onion soup	Yes	Soups
French roll	Yes	Rolls, Buns, Bagels, English Muffins
French toast	No	French Toast
French Toast Crunch cereal	Yes	Ready-to-Eat Cereals
French toast sticks	Yes	French Toast
Fresca	Yes	Sodas, Pop, Soft Drinks
Fried cheese sticks	Yes	Cheese
Fried chicken	Yes	Poultry
Fried clams	Yes	Fish, Shellfish
Fried Cornbread	No	Cornbread, Corn Muffins, Corn Pone
Fried dumpling	Yes	Dumpling(s)
Fried egg	Yes	Eggs, Egg Substitutes
Fried fish	Yes	Fish, Shellfish
Fried ice cream	Yes	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Fried okra	Yes	Vegetables, Dry Beans
Fried pickles	Yes	Pickles, Fried Pickles
Fried potato	Yes	White Potatoes
Fried rice Chinese	Yes	Chinese Mixed Dishes
Fried shrimp	Yes	Fish, Shellfish
Fried steak	Yes	Beef, Lamb, Veal, Game Meats
Frito pie	Yes	Mixed Dishes, Casseroles
Fritos	Yes	Chips, Puffs, Twists, Potato Sticks
Fritter	Yes	Cobblers, Crisps, Strudels, Turnovers
Frog legs	Yes	Fish, Shellfish
Froot Loops cereal	Yes	Ready-to-Eat Cereals
Frosted Bran cereal	Yes	Ready-to-Eat Cereals
Frosted cereal w marshmallows	Yes	Ready-to-Eat Cereals
Frosted flakes cereal	Yes	Ready-to-Eat Cereals
Frosted Mini Wheats cereal	Yes	Ready-to-Eat Cereals
Frosted Wheat Bites cereal	Yes	Ready-to-Eat Cereals
Fruit	No	Fruits, Berries
Fruit and Fibre cereal	Yes	Ready-to-Eat Cereals
Fruit and nut mix	Yes	Trail and Snack Mix
Fruit butter	Yes	Jam, Jelly, Fruit Spreads
Fruit By The Foot	Yes	Candy
Fruit cake	Yes	Cakes, Cupcakes, Snack Cakes
Fruit Chews candy	Yes	Candy
Fruit cocktail	Yes	Fruits, Berries
Fruit Coolatta	No	Milk Shakes
Fruit drink	Yes	Juices (100%), Drinks, Ades

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
Fruit ice	Yes	Popsicles, Ices, Frozen Fruit Bars, Sorbets, Slurpees, Smoothies
Fruit Jammers candy	Yes	Candy
Fruit juice	Yes	Juices (100%), Drinks, Ades
Fruit juice bar	Yes	Popsicles, Ices, Frozen Fruit Bars, Sorbets, Slurpees, Smoothies
Fruit leather candy	Yes	Candy
Fruit pancakes	Yes	Pancakes/Flapjacks
Fruit pie	Yes	Pies, Tarts
Fruit punch	Yes	Juices (100%), Drinks, Ades
Fruit Rings cereal	Yes	Ready-to-Eat Cereals
Fruit Roll Up	Yes	Candy
Fruit salad	Yes	Other Salads
Fruit shake	No	Milk Shakes
Fruit snacks candy	Yes	Candy
Fruit spread	Yes	Jam, Jelly, Fruit Spreads
Fruit String Thing	Yes	Candy
Fruit tart	Yes	Pies, Tarts
Fruit Whirls cereal	Yes	Ready-to-Eat Cereals
Fruit Wrinkles candy	Yes	Candy
Fruit yogurt all flavors	Yes	Yogurt
Fruitopia drink	Yes	Juices (100%), Drinks, Ades
Fruity Pebbles cereal	Yes	Ready-to-Eat Cereals
Fry bread	Yes	Bread (Not Sweet)
Frz breakfast	No	Frozen Meals, Frozen Main Dishes
Frz coffee drink	Yes	Coffee, Specialty Coffees
Frz custard	Yes	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Frz daiquiri	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Frz din	No	Frozen Meals, Frozen Main Dishes
Frz Margarita	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Frz meal	No	Frozen Meals, Frozen Main Dishes
Frz pizza	Yes	Pizza, Pizza Rolls, Bagel Bites
Frz yogurt	Yes	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Fudge	Yes	Candy
Fudge topping	Yes	Syrups, Pancake Syrup
Fudgesicle	Yes	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Fun Fruits candy	Yes	Candy
Funnel cake	Yes	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Funs and Dips candy	Yes	Candy
Funyunns	Yes	Chips, Puffs, Twists, Potato Sticks
Fuzzy Navel	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Game meat	No	Beef, Lamb, Veal, Game Meats
Garbanzo dip	Yes	Dip
Garbanzos	Yes	Vegetables, Dry Beans
Garden roll	Yes	Egg Roll, Spring Roll, Summer Roll, Fresh Garden Roll
Garden salad	Yes	Green Salads
Gardenburger	Yes	Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions of Meat,

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
		Poultry, or Fish Entrees
Garlic	Yes	Vegetables, Dry Beans
Garlic bread	Yes	Bread (Not Sweet)
Garlic chicken Chinese	Yes	Chinese Mixed Dishes
Garlic toast	Yes	Bread (Not Sweet)
Gatorade drink	Yes	Juices (100%), Drinks, Ades
Gazpacho	Yes	Soups
Gelatin dessert	No	Jello, Gelatin
General Tso chicken Chinese	Yes	Chinese Mixed Dishes
General Tso Chinese	Yes	Chinese Mixed Dishes
Genip	Yes	Fruits, Berries
German chocolate cake	Yes	Cakes, Cupcakes, Snack Cakes
Giant Jerk jerky	Yes	Jerky, Dried Meats
Giblet gravy	Yes	Gravy
Giblets	Yes	Liver, Organ Meats
Gin	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Gin and tonic	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Gin fizz	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Ginger ale	Yes	Sodas, Pop, Soft Drinks
Gingerbread cake	Yes	Cakes, Cupcakes, Snack Cakes
Gingerbread cookie	Yes	Cookies, Brownies
Gingersnaps	Yes	Cookies, Brownies
Gizzards	Yes	Liver, Organ Meats
Gnocchi	No	Gnocchi
Goat	Yes	Beef, Lamb, Veal, Game Meats
Goat milk	Yes	Milk
Gob Stoppers candy	Yes	Candy
Golden Crisp cereal	Yes	Ready-to-Eat Cereals
Golden Grahams cereal	Yes	Ready-to-Eat Cereals
Golden Puffs cereal	Yes	Ready-to-Eat Cereals
Goldfish crackers	Yes	Crackers
Goo Goo Cluster candy	Yes	Candy
Goobers candy	Yes	Candy
Good and Fruity candy	Yes	Candy
Good and Plenty candy	Yes	Candy
Goose	Yes	Poultry
Goose egg	Yes	Eggs, Egg Substitutes
Gordita Mexican	Yes	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
Gordita shell	Yes	Tortillas, Taco Shells, Gordita Shells, Sope Shells, Chalupa Shells
Gorp trail mix	Yes	Trail and Snack Mix
Goulash	Yes	Stews, Guisado, Goulash
Graham crackers	Yes	Crackers
Granola	Yes	Ready-to-Eat Cereals
Granola bar	Yes	Breakfast Bars, Granola Bars, Meal Replacement Bars
Grape drink	Yes	Juices (100%), Drinks, Ades

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
Grape juice	Yes	Juices (100%), Drinks, Ades
Grape Nut Flakes cereal	Yes	Ready-to-Eat Cereals
Grape Nuts cereal	Yes	Ready-to-Eat Cereals
Grape soda	Yes	Sodas, Pop, Soft Drinks
Grapefruit	Yes	Fruits, Berries
Grapefruit juice	Yes	Juices (100%), Drinks, Ades
Grapes	Yes	Fruits, Berries
Gravy	No	Gravy
Great Bear water	Yes	Water, Carbonated Water
Great Grains Whole Grain cer	Yes	Ready-to-Eat Cereals
Great northern beans	Yes	Vegetables, Dry Beans
Great Starts frz breakfast	Yes	Frozen Meals, Frozen Main Dishes
Greek salad	Yes	Green Salads
Greek spinach cheese pie	Yes	Pot Pie
Green banana	Yes	Vegetables, Dry Beans
Green bean casserole	Yes	Mixed Dishes, Casseroles
Green beans	Yes	Vegetables, Dry Beans
Green Goddess dressing	Yes	Salad Dressings, Mayonnaise
Green olives	Yes	Olives
Green peas	Yes	Vegetables, Dry Beans
Green salad	Yes	Green Salads
Green squash	Yes	Vegetables, Dry Beans
Green tea	No	Tea, Hot & Iced
Green tomato	Yes	Vegetables, Dry Beans
Greens	Yes	Vegetables, Dry Beans
Grilled cheese sandwich	Yes	Grilled Cheese and Cheese Sandwiches
Grinder sandwich	No	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Grits	Yes	Cooked Cereals
Ground beef	Yes	Beef, Lamb, Veal, Game Meats
Ground coffee	No	Coffee, Specialty Coffees
Grouse	Yes	Poultry
GS Apple Cinnamon cookie	Yes	Cookies, Brownies
GS cookie	Yes	Cookies, Brownies
GS Dosidos cookie	Yes	Cookies, Brownies
GS Ff Cinnamon Oatmeal Raisin Bar	Yes	Cookies, Brownies
GS Golden Nut Clusters cookie	Yes	Cookies, Brownies
GS Lemon Chalet Cremes cookie	Yes	Cookies, Brownies
GS Lemon Drop cookie	Yes	Cookies, Brownies
GS Lemon Pastry Cremes cookie	Yes	Cookies, Brownies
GS Samoas cookie	Yes	Cookies, Brownies
GS Striped Chocolate Chip cookie	Yes	Cookies, Brownies
GS Tagalong Peanut butter	Yes	Cookies, Brownies

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
Patty cookie		
GS Thin Mints cookie	Yes	Cookies, Brownies
GS Trefoils cookie	Yes	Cookies, Brownies
GS Vanilla Chalet Cremes cookie	Yes	Cookies, Brownies
Guacamole	Yes	Dip
Guava	Yes	Fruits, Berries
Guava paste	Yes	Jam, Jelly, Fruit Spreads
Guisada	Yes	Stews, Guisado, Goulash
Gum	Yes	Candy
Gumbo	Yes	Mixed Dishes, Casseroles
Gumbo soup	Yes	Soups
Gumdrops	Yes	Candy
Gummi Savers candy	Yes	Candy
Gummy bears	Yes	Candy
Gummy candy	Yes	Candy
Gummy dinosaurs	Yes	Candy
Gummy fish	Yes	Candy
Gummy worms	Yes	Candy
Gushers candy	Yes	Candy
Gyro sandwich	No	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Haagen Dazs ice cream	No	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Half and half	Yes	Cream, Creamers, Whipped Toppings
Half smoke	No	Hot Dogs
Hallaca	Yes	Mixed Dishes, Casseroles
Ham	Yes	Ham or Pork
Ham and cheese sandwich	No	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Ham and noodles	Yes	Mixed Dishes, Casseroles
Ham and potatoes	Yes	Mixed Dishes, Casseroles
Ham hocks	Yes	Ham or Pork
Ham salad	Yes	Other Salads
Ham salad sandwich	No	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Ham sandwich	No	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Hamburger	No	Hamburger on Bun or Bread (not from fast food)
Hamburger Helper	Yes	Hamburger Helper, Chicken Helper, Tuna Helper
Hamburger on bun	No	Hamburger on Bun or Bread (not from fast food)
Hamburger pie	Yes	Mixed Dishes, Casseroles
Handi Snack Cheese and Crackers	Yes	Crackers
Happy meal	No	Unknown Foods
Hard boiled egg	Yes	Eggs, Egg Substitutes
Hard candy	Yes	Candy
Hard pretzels	Yes	Pretzels
Hardees biscuit	Yes	Biscuits
Hardees biscuit and gravy	Yes	Biscuits
Hardees biscuit sandwich	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
Hardees cheeseburger	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Hardees chicken sandwich	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Hardees fish sandwich	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Hardees hamburger	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Hardees hash browns	Yes	White Potatoes
Hardees roast beef sandwich	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Hardees salad	Yes	Green Salads
Hardees sandwich	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Hardees sausage biscuit	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Harina de maiz con coco	No	Pudding
Harina de maiz con leche	Yes	Cooked Cereals
Harvest burger	Yes	Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees
Harvey Wallbanger	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Hash	Yes	Mixed Dishes, Casseroles
Hash browns	Yes	White Potatoes
Hawaiian bread	Yes	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Hawaiian Punch	Yes	Juices (100%), Drinks, Ades
Hazelnuts	Yes	Nuts, Seeds, and Mixtures of Nuts and Seeds
HC cereal	Yes	Ready-to-Eat Cereals
HC frz din	Yes	Frozen Meals, Frozen Main Dishes
HC sausage	Yes	Sausage
Head cheese sausage	Yes	Sausage
Heart	Yes	Liver, Organ Meats
Heartland Natural cereal	Yes	Ready-to-Eat Cereals
Heath Bar candy	Yes	Candy
Heinz 57 Sauce	Yes	Condiments, Sauce, Salsa
Herbal tea	Yes	Tea, Hot & Iced
Hershey bar	Yes	Candy
Hershey Hugs	Yes	Candy
Hershey Kiss	Yes	Candy
Hershey Nuggets	Yes	Candy
Hi C	Yes	Juices (100%), Drinks, Ades
Hi C 100	Yes	Juices (100%), Drinks, Ades
Hidden Valley Ranch dressing	Yes	Salad Dressings, Mayonnaise
High protein bar	Yes	Breakfast Bars, Granola Bars, Meal Replacement Bars
Ho Ho	Yes	Cakes, Cupcakes, Snack Cakes
Hoagie sandwich	No	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Hog lites	Yes	Liver, Organ Meats
Hog maws	Yes	Liver, Organ Meats
Home fries	Yes	White Potatoes
Homemade bread	Yes	Bread (Not Sweet)
Homemade granola	Yes	Ready-to-Eat Cereals
Hominy	Yes	Vegetables, Dry Beans
Honey	Yes	Syrups, Pancake Syrup

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
Honey baked ham	Yes	Ham or Pork
Honey bun	Yes	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Honey Bunches of Oats cereal	Yes	Ready-to-Eat Cereals
Honey dip doughnut	Yes	Doughnuts
Honey mustard dip	Yes	Dip
Honey mustard dressing	Yes	Salad Dressings, Mayonnaise
Honey Nut Clusters cereal	Yes	Ready-to-Eat Cereals
Honey Nut Toasted Oatmeal cereal	Yes	Ready-to-Eat Cereals
Honey roasted peanuts	Yes	Nuts, Seeds, and Mixtures of Nuts and Seeds
Honey Smacks cereal	Yes	Ready-to-Eat Cereals
Honeycomb cereal	Yes	Ready-to-Eat Cereals
Honeydew melon	Yes	Fruits, Berries
Hopping John	Yes	Beans and Rice
Horchata	Yes	Juices (100%), Drinks, Ades
Horchata de arroz	Yes	Juices (100%), Drinks, Ades
Hors doeuvres	No	Unknown Foods
Horseradish	Yes	Vegetables, Dry Beans
Horseradish sauce	Yes	Condiments, Sauce, Salsa
Hostess fruit pie	Yes	Pies, Tarts
Hot and sour soup	Yes	Soups
Hot cakes	No	Pancakes/Flapjacks
Hot cereal	No	Cooked Cereals
Hot chicken wings	Yes	Poultry
Hot chocolate	Yes	Cocoa, Hot Chocolate
Hot chocolate mix	Yes	Syrups, Pancake Syrup
Hot cocoa	Yes	Cocoa, Hot Chocolate
Hot cross bun	Yes	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Hot dog	No	Hot Dogs
Hot fudge sundae	Yes	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Hot links	Yes	Sausage
Hot pepper	Yes	Vegetables, Dry Beans
Hot pepper sauce	Yes	Condiments, Sauce, Salsa
Hot Pockets	Yes	Cobblers, Crisps, Strudels, Turnovers
Hot sauce	Yes	Condiments, Sauce, Salsa
Hot Tamales candy	Yes	Candy
House salad	Yes	Green Salads
Hubbard squash	Yes	Vegetables, Dry Beans
Huevos rancheros	Yes	Eggs, Egg Substitutes
Hummus	Yes	Dip
Hunan beef Chinese	Yes	Chinese Mixed Dishes
Hunan chicken Chinese	Yes	Chinese Mixed Dishes
Hunan pork Chinese	Yes	Chinese Mixed Dishes
Hunan shrimp Chinese	Yes	Chinese Mixed Dishes

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
Hungry Man frz din	Yes	Frozen Meals, Frozen Main Dishes
Hush puppy	Yes	Cornbread, Corn Muffins, Corn Pone
Ice coffee	Yes	Coffee, Specialty Coffees
Ice cream	No	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Ice cream bar	Yes	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Ice cream cake	Yes	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Ice cream cone	Yes	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Ice cream float	Yes	Milk Shakes
Ice cream pie	Yes	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Ice cream sandwich	Yes	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Ice cream soda	Yes	Milk Shakes
Ice cream sundae	Yes	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Ice pop	Yes	Popsicles, Ices, Frozen Fruit Bars, Sorbets, Slurpees, Smoothies
Ice tea	No	Tea, Hot & Iced
Icee	Yes	Popsicles, Ices, Frozen Fruit Bars, Sorbets, Slurpees, Smoothies
Icing	Yes	Syrups, Pancake Syrup
Injera Ethiopian bread	Yes	Bread (Not Sweet)
Instant breakfast drink	Yes	Powdered Breakfast Drinks, Meal Replacements, Protein Supplements
Instant oatmeal	Yes	Cooked Cereals
Irish soda bread	Yes	Bread (Not Sweet)
Irish Whiskey	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Isomil 20 formula	Yes	Formulas
Isomil DF formula	Yes	Formulas
Isomil formula	Yes	Formulas
Isomil SF formula	Yes	Formulas
Italian beans	Yes	Vegetables, Dry Beans
Italian boat	Yes	Calzones, Stromboli
Italian bread	Yes	Bread (Not Sweet)
Italian dressing	Yes	Salad Dressings, Mayonnaise
Italian ice	Yes	Popsicles, Ices, Frozen Fruit Bars, Sorbets, Slurpees, Smoothies
Italian sausage	Yes	Sausage
Italian sub	No	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Italian tomato	Yes	Vegetables, Dry Beans
Jack In The Box cheeseburger	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Jack In The Box chicken sandwich	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Jack In The Box double cheeseburger	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Jack In The Box hamburger	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Jack In The Box sandwich	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Jalapeno pepper	Yes	Vegetables, Dry Beans
Jalapeno pepper bean dip	Yes	Dip
Jam	Yes	Jam, Jelly, Fruit Spreads
Jambalaya	No	Jambalaya
Jasmine rice	Yes	Rice
Jawbreakers	Yes	Candy

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
Jello	No	Jello, Gelatin
Jello jigglers	No	Jello, Gelatin
Jello salad	Yes	Other Salads
Jello w fruit	No	Jello, Gelatin
Jelly	Yes	Jam, Jelly, Fruit Spreads
Jelly beans	Yes	Candy
Jelly doughnut	Yes	Doughnuts
Jelly roll	Yes	Cakes, Cupcakes, Snack Cakes
Jelly sandwich	Yes	Peanut Butter Sandwich, Peanut Butter and Jelly Sandwich
Jerky	Yes	Jerky, Dried Meats
Jerrys Sandwich	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Jerrys Sub	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Jicama	Yes	Vegetables, Dry Beans
Jimmies	Yes	Candy
Jimmy Dean sausage	Yes	Sausage
Jolly Rancher candy	Yes	Candy
Jolt Cola	Yes	Sodas, Pop, Soft Drinks
Jordan almonds	Yes	Candy
Juice	Yes	Juices (100%), Drinks, Ades
Juicy Juice	Yes	Juices (100%), Drinks, Ades
Jujubes candy	Yes	Candy
Juzy Fruits candy	Yes	Candy
Junior Juice	Yes	Juices (100%), Drinks, Ades
Junior Mints	Yes	Candy
Just Juice candy	Yes	Candy
Just Right cereal	Yes	Ready-to-Eat Cereals
Kaboom cereal	Yes	Ready-to-Eat Cereals
Kahlua	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Kahlua and cream	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Kale	Yes	Vegetables, Dry Beans
Kamikazi	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Kefir milk	No	Milk
Kelp	Yes	Vegetables, Dry Beans
Ketchup	Yes	Condiments, Sauce, Salsa
Key lime pie	Yes	Pies, Tarts
KFC biscuit	Yes	Biscuits
KFC chicken sandwich	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Kid Cuisine Chicken Nuggets frz din	Yes	Frozen Meals, Frozen Main Dishes
Kid Cuisine frz din	Yes	Frozen Meals, Frozen Main Dishes
Kidney	Yes	Liver, Organ Meats
Kidney beans	Yes	Vegetables, Dry Beans
Kids meal	No	Unknown Foods
Kielbasa	Yes	Sausage
Kim Chee	Yes	Vegetables, Dry Beans
King Vitamin cereal	Yes	Ready-to-Eat Cereals

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
Kirsh	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Kit Kat bar	Yes	Candy
Kiwi fruit	Yes	Fruits, Berries
Kix cereal	Yes	Ready-to-Eat Cereals
Klondike bar	Yes	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Knish	Yes	Dumpling(s)
Knockwurst	Yes	Sausage
Kool Pop	Yes	Popsicles, Ices, Frozen Fruit Bars, Sorbets, Slurpees, Smoothies
Koolaid	Yes	Juices (100%), Drinks, Ades
Krackel bar	Yes	Candy
Kreplach	Yes	Dumpling(s)
Kudos bar	Yes	Breakfast Bars, Granola Bars, Meal Replacement Bars
Kugel noodle pudding	Yes	Pudding
Kummel	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Kung Pao chicken Chinese	Yes	Chinese Mixed Dishes
Kung Pao Chinese	Yes	Chinese Mixed Dishes
Lactaid milk	Yes	Milk
Lactofree formula	Yes	Formulas
Lactose red milk	Yes	Milk
Ladyfinger	Yes	Cookies, Brownies
Laffy Taffy	Yes	Candy
Lamb	Yes	Beef, Lamb, Veal, Game Meats
Lamb chop	Yes	Beef, Lamb, Veal, Game Meats
Lamb curry	Yes	Curry
Lasagna	No	Lasagna
Latkes	Yes	Pancakes/Flapjacks
Latte coffee	Yes	Coffee, Specialty Coffees
LC frz din	Yes	Frozen Meals, Frozen Main Dishes
LD	Yes	Cakes, Cupcakes, Snack Cakes
LD cookie	Yes	Cookies, Brownies
LD Nutty bar	Yes	Cookies, Brownies
LD snack cake	No	Cakes, Cupcakes, Snack Cakes
Lean Pockets	Yes	Cobblers, Crisps, Strudels, Turnovers
Leek	Yes	Vegetables, Dry Beans
Lemon	Yes	Fruits, Berries
Lemon bar	Yes	Cookies, Brownies
Lemon chicken Chinese	Yes	Chinese Mixed Dishes
Lemon juice	Yes	Juices (100%), Drinks, Ades
Lemon meringue pie	Yes	Pies, Tarts
Lemon pudding	Yes	Pudding
Lemonade	Yes	Juices (100%), Drinks, Ades
Lentil soup	Yes	Soups
Lentils	Yes	Vegetables, Dry Beans
Lentils and rice	Yes	Beans and Rice
Lettuce	Yes	Vegetables, Dry Beans
Lettuce salad	Yes	Green Salads

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
Lf cottage cheese	Yes	Cottage Cheese
Lf cream cheese	No	Cream Cheese
Lf granola	Yes	Ready-to-Eat Cereals
Lf milk	Yes	Milk
Lf yogurt	Yes	Yogurt
Licorice	Yes	Candy
Licuado	Yes	Flavored Milk Drinks
Life cereal	Yes	Ready-to-Eat Cereals
Life Savers	Yes	Candy
Life Savers Holes	Yes	Candy
Lima beans	Yes	Vegetables, Dry Beans
Lime	Yes	Fruits, Berries
Lime juice	Yes	Juices (100%), Drinks, Ades
Limeade	Yes	Juices (100%), Drinks, Ades
Linguini	Yes	Pasta: Noodles, Macaroni
Liptons Rice and Sauce all flavors	Yes	Rice
Liqueur after din drink	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Liquid margarine spray	Yes	Butter, Margarine, Spreads, Butter Replacements
Liquor	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Lite beer	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Lite butter	Yes	Butter, Margarine, Spreads, Butter Replacements
Lite cream cheese	Yes	Cream Cheese
Little Caesars Crazy Bread	Yes	Breadsticks
Little Smokies	Yes	Sausage
Liver	Yes	Liver, Organ Meats
Liver and onions	Yes	Mixed Dishes, Casseroles
Liverwurst	Yes	Deli Meats, Packaged Lunch Meats, Meat Spreads, Potted Meat
Liverwurst sandwich	No	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Lo mein Chinese	Yes	Chinese Mixed Dishes
Lobster	Yes	Fish, Shellfish
Lobster newburg	Yes	Fish, Shellfish
Lobster Norfolk	Yes	Fish, Shellfish
Lobster roll sandwich	No	Fish, Shellfish Sandwiches
Lobster thermidor	Yes	Fish, Shellfish
Lofenalac formula	Yes	Formulas
Lollipop	Yes	Candy
London broil	Yes	Beef, Lamb, Veal, Game Meats
Long Island Iced Tea	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Long John Silvers Sandwich	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Loquats	Yes	Fruits, Berries
Low calorie sweetener	No	Low Calorie Sweeteners, Sugar Substitutes
Lox	Yes	Fish, Shellfish
Lucky Charms cereal	Yes	Ready-to-Eat Cereals
Lumpia	Yes	Egg Roll, Spring Roll, Summer Roll, Fresh Garden Roll
Lunch	No	Unknown Foods

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
Lunchable	No	Lunchables, Tastefuls, Pak-a-lunch
Lunchmeat	No	Deli Meats, Packaged Lunch Meats, Meat Spreads, Potted Meat
Lychees	Yes	Fruits, Berries
M&Ms candy	Yes	Candy
Macadamia nuts	Yes	Nuts, Seeds, and Mixtures of Nuts and Seeds
Macaroni	Yes	Pasta: Noodles, Macaroni
Macaroni and cheese	No	Macaroni and Cheese
Macaroni and cheese frz din	No	Frozen Meals, Frozen Main Dishes
Macaroni salad	Yes	Other Salads
Macaroon	Yes	Cookies, Brownies
Magic Stars cereal	Yes	Ready-to-Eat Cereals
Mai Tai	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Mallo Cup	Yes	Candy
Malt liquor	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Malt O Meal cereal	Yes	Ready-to-Eat Cereals
Malt O Meal Toasted Oat cereal	Yes	Ready-to-Eat Cereals
Malted milk	Yes	Flavored Milk Drinks
Malted milk balls	Yes	Candy
Manapua	Yes	Dumpling(s)
Mandarin orange	Yes	Fruits, Berries
Mango	Yes	Fruits, Berries
Manhattan	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Manicotti	Yes	Ravioli, Tortellini, Manicotti, Cannelloni, Stuffed Shells
Maple bar	Yes	Doughnuts
Maple syrup	Yes	Syrups, Pancake Syrup
Marachino cherries	Yes	Fruits, Berries
Margarine	Yes	Butter, Margarine, Spreads, Butter Replacements
Margarita	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Marinara sauce	No	Spaghetti Sauce
Marmalade	Yes	Jam, Jelly, Fruit Spreads
Mars bar	Yes	Candy
Marshmallow	Yes	Candy
Marshmallow Peeps candy	Yes	Candy
Marshmallow topping	Yes	Syrups, Pancake Syrup
Martini	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Mary Jane candy	Yes	Candy
Marzipan candy	Yes	Candy
Masa harina	No	Cooked Cereals
Mashed potatoes	Yes	White Potatoes
Matzo balls	No	Dumpling(s)
Matzo crackers	Yes	Crackers
Mayonnaise	Yes	Salad Dressings, Mayonnaise
Maypo cereal	Yes	Cooked Cereals
McDonalds apple pie	Yes	Pies, Tarts
McDonalds Bagel Sandwich	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
McDonalds Big Mac	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
McDonalds biscuit	Yes	Biscuits
McDonalds biscuit sandwich	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
McDonalds biscuit w gravy	Yes	Biscuits
McDonalds breakfast burrito Mexican	Yes	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
McDonalds cheeseburger	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
McDonalds chicken fajita Mexican	Yes	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
McDonalds chicken salad	Yes	Green Salads
McDonalds chicken sandwich	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
McDonalds cone	Yes	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
McDonalds double cheeseburger	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
McDonalds Egg McMuffin	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
McDonalds Filet O Fish sandwich	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
McDonalds Fish sandwich	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
McDonalds french fries	Yes	French Fries, Tater Tots
McDonalds hamburger	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
McDonalds hash browns	Yes	White Potatoes
McDonalds McDLT	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
McDonalds McFlurry	Yes	Milk Shakes
McDonalds McRib sandwich	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
McDonalds milkshake	Yes	Milk Shakes
McDonalds Quarter Pounder	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
McDonalds salad	Yes	Green Salads
McDonalds sandwich	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
McDonalds sausage biscuit	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
McDonalds Sausage McMuffin	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
McDonalds sundae	No	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Meal replacement bar	Yes	Breakfast Bars, Granola Bars, Meal Replacement Bars
Meal replacement drink	Yes	Powdered Breakfast Drinks, Meal Replacements, Protein Supplements
Meal replacement powder	No	Powdered Breakfast Drinks, Meal Replacements, Protein Supplements
Meat	No	Beef, Lamb, Veal, Game Meats
Meat loaf frz din	No	Frozen Meals, Frozen Main Dishes
Meat loaf sandwich	No	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Meat patty	No	Beef, Lamb, Veal, Game Meats
Meat pierogi	Yes	Dumpling(s)
Meat spread	No	Deli Meats, Packaged Lunch Meats, Meat Spreads, Potted Meat
Meat turnover	Yes	Cobblers, Crisps, Strudels, Turnovers
Meatball sub	No	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Meatballs	Yes	Meatloaf, Meatballs
Meatballs in sauce	Yes	Meatloaf, Meatballs
Meatloaf	Yes	Meatloaf, Meatballs
Melba toast	Yes	Crackers

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
Mellow Yellow	Yes	Sodas, Pop, Soft Drinks
Melon	Yes	Fruits, Berries
Mentos candy	Yes	Candy
Menudo soup	Yes	Soups
Merlot wine	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Mexican bolillo roll	Yes	Rolls, Buns, Bagels, English Muffins
Mexican cheese	Yes	Cheese
Mexican food	No	Unknown Foods
Mexican frz din	No	Frozen Meals, Frozen Main Dishes
Mexican Pozole soup	Yes	Soups
Mexican rice	Yes	Rice
Mexican sopa seca dry noodle soup	Yes	Soups
Mexican sweet bread	Yes	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Mike and Ike candy	Yes	Candy
Milk	No	Milk
Milk Duds	Yes	Candy
Milkshake	Yes	Milk Shakes
Milky Way bar	Yes	Candy
Millet	No	Cooked Cereals
Mimosa	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Mineral water	Yes	Water, Carbonated Water
Minestrone soup	Yes	Soups
Mini Buns cereal	Yes	Ready-to-Eat Cereals
Mints	Yes	Candy
Miracle Whip	Yes	Salad Dressings, Mayonnaise
Miso soup	Yes	Soups
Miso soybean paste	Yes	Vegetables, Dry Beans
Mistic	No	Unknown Foods
Mistic Sparkling Water Bev	Yes	Water, Carbonated Water
Mixed dish	No	Mixed Dishes, Casseroles
Mixed fruit	Yes	Fruits, Berries
Mixed fruit juice	Yes	Juices (100%), Drinks, Ades
Mixed nuts	Yes	Nuts, Seeds, and Mixtures of Nuts and Seeds
Mixed salad greens	No	Green Salads
Mixed vegetables	Yes	Vegetables, Dry Beans
Mocha coffee	Yes	Coffee, Specialty Coffees
Mochalatta Chill coffee	Yes	Coffee, Specialty Coffees
Mole	Yes	Condiments, Sauce, Salsa
Molly McButter powder	Yes	Butter, Margarine, Spreads, Butter Replacements
Mondongo soup	Yes	Soups
Monterey jack cheese	Yes	Cheese
Moo goo gai pan Chinese	Yes	Chinese Mixed Dishes
Moo shi Chinese	Yes	Chinese Mixed Dishes
Moo shi pork Chinese	Yes	Chinese Mixed Dishes

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
Moo Town Cheese and Crackers	Yes	Crackers
Moon pie	Yes	Cookies, Brownies
Mounds bar candy	Yes	Candy
Mountain Dew	Yes	Sodas, Pop, Soft Drinks
Moussaka	Yes	Mixed Dishes, Casseroles
Mousse	No	Pudding
Mozzarella cheese	Yes	Cheese
Mr Goodbar candy	Yes	Candy
Mr Pibb	Yes	Sodas, Pop, Soft Drinks
Mrs. Pauls frz din	Yes	Frozen Meals, Frozen Main Dishes
Mud pie	Yes	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Muenster cheese	Yes	Cheese
Muesli cereal	Yes	Ready-to-Eat Cereals
Mueslix cereal	Yes	Ready-to-Eat Cereals
Muffin	Yes	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Munchkins	Yes	Doughnuts
Mung beans	Yes	Vegetables, Dry Beans
Mush	Yes	Cooked Cereals
Mushrooms	Yes	Vegetables, Dry Beans
Muskmelon	Yes	Fruits, Berries
Mussels	Yes	Fish, Shellfish
Mustard	Yes	Condiments, Sauce, Salsa
Mustard greens	Yes	Vegetables, Dry Beans
Mutton	Yes	Beef, Lamb, Veal, Game Meats
Nacho chips	Yes	Chips, Puffs, Twists, Potato Sticks
Nachos Mexican	Yes	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
Nada Colada	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Nan Indian bread	Yes	Bread (Not Sweet)
Napoleon	Yes	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Natto	Yes	Vegetables, Dry Beans
Nature Valley Granola	Yes	Ready-to-Eat Cereals
Navy beans	Yes	Vegetables, Dry Beans
Necco Wafers candy	Yes	Candy
Nectar	Yes	Juices (100%), Drinks, Ades
Nectarine	Yes	Fruits, Berries
Nerds candy	Yes	Candy
Nestle bar	Yes	Candy
Nestle Crunch bar	Yes	Candy
Nestle Sweet Success supplement	Yes	Powdered Breakfast Drinks, Meal Replacements, Protein Supplements
Neufchatel cheese	Yes	Cream Cheese
New York strip steak	Yes	Beef, Lamb, Veal, Game Meats

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
Next Step formula	Yes	Formulas
Nissin noodle soup	Yes	Soups
Non alcoholic Mexican coffee	Yes	Coffee, Specialty Coffees
Nonalcoholic beer	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Nonalcoholic drink	No	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Nonalcoholic wine	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Nonpareils candy	Yes	Candy
Noodle Roni	No	Pasta: Noodles, Macaroni
Noodle salad	Yes	Other Salads
Noodle soup	Yes	Soups
Noodles	Yes	Pasta: Noodles, Macaroni
Noodles Romanoff	Yes	Mixed Dishes, Casseroles
Nopales	Yes	Vegetables, Dry Beans
Norwegian flatbread	Yes	Crackers
Norwegian lefse	Yes	Pancakes/Flapjacks
Now or Later candy	Yes	Candy
Nursoy formula	Yes	Formulas
Nut and Honey Crunch cereal	Yes	Ready-to-Eat Cereals
Nutella hazelnut topping	Yes	Peanut Butter
Nutramigen formula	Yes	Formulas
Nutrasweet sugar substitute	Yes	Low Calorie Sweeteners, Sugar Substitutes
Nutri Grain bar	Yes	Breakfast Bars, Granola Bars, Meal Replacement Bars
Nutri Grain cereal	Yes	Ready-to-Eat Cereals
Nuts	No	Nuts, Seeds, and Mixtures of Nuts and Seeds
Nutter Butter cookie	Yes	Cookies, Brownies
Nutty Buddy ice cream cone	Yes	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Nutty Nuggets cereal	Yes	Ready-to-Eat Cereals
Oat bran	Yes	Ready-to-Eat Cereals
Oat bran cereal	Yes	Ready-to-Eat Cereals
Oat cereal	Yes	Ready-to-Eat Cereals
Oat Squares cereal	Yes	Ready-to-Eat Cereals
Oatmeal	Yes	Cooked Cereals
Oatmeal cookie	Yes	Cookies, Brownies
Oatmeal cream pie	Yes	Cookies, Brownies
Oatmeal Crisp cereal	Yes	Ready-to-Eat Cereals
Oatmeal raisin cookie	Yes	Cookies, Brownies
Oatmeal Raisin Crisp cereal	Yes	Ready-to-Eat Cereals
ODouls nonalcoholic beer	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Ohs cereal	Yes	Ready-to-Eat Cereals
Oil	No	Oil
Oj	Yes	Juices (100%), Drinks, Ades
Oj w calcium	Yes	Juices (100%), Drinks, Ades
Okra	Yes	Vegetables, Dry Beans
Old El Paso frz din	Yes	Frozen Meals, Frozen Main Dishes
Oleo margarine	Yes	Butter, Margarine, Spreads, Butter Replacements
Olive oil	Yes	Oil

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
Olives	No	Olives
Onion dip	Yes	Dip
Onion rings	Yes	Vegetables, Dry Beans
Onions	Yes	Vegetables, Dry Beans
Oodles of Noodles	Yes	Soups
Orange	Yes	Fruits, Berries
Orange beef Chinese	Yes	Chinese Mixed Dishes
Orange chicken Chinese	Yes	Chinese Mixed Dishes
Orange drink	Yes	Juices (100%), Drinks, Ades
Orange juice	Yes	Juices (100%), Drinks, Ades
Orange juice w calcium	Yes	Juices (100%), Drinks, Ades
Orange Julius	Yes	Milk Shakes
Orange soda	Yes	Sodas, Pop, Soft Drinks
Oreo cookie	Yes	Cookies, Brownies
Oreo Os cereal	Yes	Ready-to-Eat Cereals
Organ meats	No	Liver, Organ Meats
Oriental mix	Yes	Trail and Snack Mix
Ostrich	Yes	Poultry
Ovaltine	Yes	Flavored Milk Drinks
Ovaltine powder	Yes	Syrups, Pancake Syrup
Oxtails	Yes	Beef, Lamb, Veal, Game Meats
Oyster crackers	Yes	Crackers
Oyster sandwich	No	Fish, Shellfish Sandwiches
Oysters	Yes	Fish, Shellfish
Oysters Rockefeller	Yes	Fish, Shellfish
Pad thai noodles Chinese	Yes	Chinese Mixed Dishes
Paella	Yes	Mixed Dishes, Casseroles
Pan de Huevo	Yes	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Pan de Huevo Mexican sweet bread	Yes	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Pan Dulce Mexican sweet bread	Yes	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Pancake syrup	Yes	Syrups, Pancake Syrup
Pancakes	No	Pancakes/Flapjacks
Panzerotti	Yes	Calzones, Stromboli
Papaya	Yes	Fruits, Berries
Parmesan cheese	Yes	Cheese
Parsley	Yes	Vegetables, Dry Beans
Parsnips	Yes	Vegetables, Dry Beans
Partridge	Yes	Poultry
Party mix	Yes	Trail and Snack Mix
Party punch	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Passion fruit	Yes	Fruits, Berries
Pasta	No	Pasta: Noodles, Macaroni
Pasta salad	Yes	Other Salads

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
Pastelillo	Yes	Cobblers, Crisps, Strudels, Turnovers
Pastelon de carne	Yes	Pot Pie
Pastrami	Yes	Deli Meats, Packaged Lunch Meats, Meat Spreads, Potted Meat
Pastrami sandwich	No	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Pastry	No	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Pate	Yes	Deli Meats, Packaged Lunch Meats, Meat Spreads, Potted Meat
Payday bar	Yes	Candy
Pb and jelly sandwich	Yes	Peanut Butter Sandwich, Peanut Butter and Jelly Sandwich
Pb sandwich	Yes	Peanut Butter Sandwich, Peanut Butter and Jelly Sandwich
Pbj sandwich	Yes	Peanut Butter Sandwich, Peanut Butter and Jelly Sandwich
Pea pods	Yes	Vegetables, Dry Beans
Pea soup	Yes	Soups
Peach	Yes	Fruits, Berries
Peach cobbler	Yes	Cobblers, Crisps, Strudels, Turnovers
Peach pie	Yes	Pies, Tarts
Peanut brittle	Yes	Candy
Peanut butter	Yes	Peanut Butter
Peanut butter and jelly sandwich	Yes	Peanut Butter Sandwich, Peanut Butter and Jelly Sandwich
Peanut butter cookie	Yes	Cookies, Brownies
Peanut butter cup	Yes	Candy
Peanut butter sandwich	Yes	Peanut Butter Sandwich, Peanut Butter and Jelly Sandwich
Peanut Chews candy	Yes	Candy
Peanut Clusters candy	Yes	Candy
Peanut sauce	Yes	Condiments, Sauce, Salsa
Peanuts	Yes	Nuts, Seeds, and Mixtures of Nuts and Seeds
Pear	Yes	Fruits, Berries
Peas	Yes	Vegetables, Dry Beans
Peas and carrots	Yes	Vegetables, Dry Beans
Peas and rice	Yes	Beans and Rice
Pecan pie	Yes	Pies, Tarts
Pecan roll	Yes	Candy
Pecan Sandies	Yes	Cookies, Brownies
Pecan swirls	Yes	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Pecans	Yes	Nuts, Seeds, and Mixtures of Nuts and Seeds
Pedialyte	Yes	Juices (100%), Drinks, Ades
Pediasure formula	Yes	Formulas
Peking duck	Yes	Poultry
Pepper steak Chinese	Yes	Chinese Mixed Dishes
Peppermint Patty	Yes	Candy
Pepperoni	Yes	Deli Meats, Packaged Lunch Meats, Meat Spreads, Potted Meat
Pepperoni pizza	Yes	Pizza, Pizza Rolls, Bagel Bites
Pepperpot soup	Yes	Soups
Peppers	Yes	Vegetables, Dry Beans

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
Pepsi	Yes	Sodas, Pop, Soft Drinks
Perrier water	Yes	Water, Carbonated Water
Pesto sauce	Yes	Condiments, Sauce, Salsa
Petit Fours	Yes	Cakes, Cupcakes, Snack Cakes
Pez candy	Yes	Candy
Pheasant	Yes	Poultry
Philly cheesesteak sandwich	No	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Pickled herring	Yes	Fish, Shellfish
Pickles	No	Pickles, Fried Pickles
Pico de gallo	Yes	Condiments, Sauce, Salsa
Pie	Yes	Pies, Tarts
Pie filling	Yes	Fruits, Berries
Piedra	Yes	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Pierogi	Yes	Dumpling(s)
Pig in a blanket	Yes	Hot Dogs
Pigeon	Yes	Poultry
Pigeon pea asopao	Yes	Mixed Dishes, Casseroles
Pigeonpeas	Yes	Vegetables, Dry Beans
Pignolias	Yes	Nuts, Seeds, and Mixtures of Nuts and Seeds
Pigs feet	Yes	Ham or Pork
Pimiento	Yes	Vegetables, Dry Beans
Pimiento cheese spread	Yes	Cheese
Pina Colada	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Pine nuts	Yes	Nuts, Seeds, and Mixtures of Nuts and Seeds
Pineapple	Yes	Fruits, Berries
Pineapple juice	Yes	Juices (100%), Drinks, Ades
Pineapple upside down cake	Yes	Cakes, Cupcakes, Snack Cakes
Pinto beans	Yes	Vegetables, Dry Beans
Piroshki	Yes	Dumpling(s)
Pistachio nuts	Yes	Nuts, Seeds, and Mixtures of Nuts and Seeds
Pistachio pudding	Yes	Pudding
Pita bread	Yes	Bread (Not Sweet)
Pita chips	Yes	Crackers
Pita pocket sandwich	No	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Pixy Stix	Yes	Candy
Pizza	Yes	Pizza, Pizza Rolls, Bagel Bites
Pizza bagel	Yes	Pizza, Pizza Rolls, Bagel Bites
Pizza Bites	Yes	Pizza, Pizza Rolls, Bagel Bites
Pizza Hut breadsticks	Yes	Breadsticks
Pizza Pockets	Yes	Cobblers, Crisps, Strudels, Turnovers
Pizza rolls	Yes	Pizza, Pizza Rolls, Bagel Bites
Pizza sauce	No	Spaghetti Sauce
Plantain	Yes	Vegetables, Dry Beans
Plantain soup	Yes	Soups
Planters alcoholic punch	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
Plato Arabe	Yes	Mixed Dishes, Casseroles
Plum	Yes	Fruits, Berries
Plum tomato	Yes	Vegetables, Dry Beans
Poached egg	Yes	Eggs, Egg Substitutes
Poke greens	Yes	Vegetables, Dry Beans
Poland Spring water	Yes	Water, Carbonated Water
Pole beans	Yes	Vegetables, Dry Beans
Polenta	No	Cooked Cereals
Polish sausage	Yes	Sausage
Pomegranate	Yes	Fruits, Berries
Poorboy sandwich	No	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Poori Indian bread	Yes	Bread (Not Sweet)
Pop	No	Sodas, Pop, Soft Drinks
Pop Rocks candy	Yes	Candy
Pop Tart	Yes	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Pop Tarts Crunch cereal	Yes	Ready-to-Eat Cereals
Popcorn	No	Popcorn
Popcorn balls	Yes	Popcorn
Popcorn bar	No	Popcorn
Popcorn cake	Yes	Crackers
Popcorn shrimp	Yes	Fish, Shellfish
Popeyes biscuit	Yes	Biscuits
Popover	Yes	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Popsicle	Yes	Popsicles, Ices, Frozen Fruit Bars, Sorbets, Slurpees, Smoothies
Porcupine balls	Yes	Meatloaf, Meatballs
Pork	Yes	Ham or Pork
Pork and beans	Yes	Baked Beans
Pork bbq	Yes	Barbecue, Sloppy Joe
Pork bbq sandwich	Yes	Barbecue, Sloppy Joe
Pork chop	Yes	Ham or Pork
Pork cracklings	Yes	Ham or Pork
Pork dumpling	Yes	Dumpling(s)
Pork fried rice Chinese	Yes	Chinese Mixed Dishes
Pork lo mein Chinese	Yes	Chinese Mixed Dishes
Pork rinds	Yes	Chips, Puffs, Twists, Potato Sticks
Pork roast	Yes	Ham or Pork
Pork w vegetables Chinese	Yes	Chinese Mixed Dishes
Port wine	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Portagen formula	Yes	Formulas
Porterhouse steak	Yes	Beef, Lamb, Veal, Game Meats
Postum coffee	Yes	Coffee, Specialty Coffees
Pot cheese	No	Cottage Cheese
Pot pie	Yes	Pot Pie
Pot roast	Yes	Beef, Lamb, Veal, Game Meats

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
Pot sticker	Yes	Egg Roll, Spring Roll, Summer Roll, Fresh Garden Roll
Potato	No	White Potatoes
Potato cheese pierogi	Yes	Dumpling(s)
Potato chips	Yes	Chips, Puffs, Twists, Potato Sticks
Potato gnocchi	Yes	Gnocchi
Potato pancakes	Yes	Pancakes/Flapjacks
Potato pierogi	Yes	Dumpling(s)
Potato puffs	Yes	French Fries, Tater Tots
Potato salad	Yes	Other Salads
Potato skins	Yes	White Potatoes
Potato soup	Yes	Soups
Potato sticks	Yes	Chips, Puffs, Twists, Potato Sticks
Potato wedges	Yes	French Fries, Tater Tots
Potted meat	Yes	Deli Meats, Packaged Lunch Meats, Meat Spreads, Potted Meat
Poultry	No	Poultry
Pound cake	Yes	Cakes, Cupcakes, Snack Cakes
Powdered breakfast drink	Yes	Powdered Breakfast Drinks, Meal Replacements, Protein Supplements
Powdered milk	Yes	Milk
Powdered sugar	Yes	Sugars
Power Bar	Yes	Breakfast Bars, Granola Bars, Meal Replacement Bars
Powerade drink	Yes	Juices (100%), Drinks, Ades
Pralines	Yes	Candy
Prawn	Yes	Fish, Shellfish
Preserves	Yes	Jam, Jelly, Fruit Spreads
Pretzels	No	Pretzels
Prime rib	Yes	Beef, Lamb, Veal, Game Meats
Pringles potato chips	Yes	Chips, Puffs, Twists, Potato Sticks
Product 19 cereal	Yes	Ready-to-Eat Cereals
Progestemil formula	Yes	Formulas
Prosciutto ham	Yes	Deli Meats, Packaged Lunch Meats, Meat Spreads, Potted Meat
Prosobee formula	Yes	Formulas
Protein bar	No	Breakfast Bars, Granola Bars, Meal Replacement Bars
Protein powder	Yes	Powdered Breakfast Drinks, Meal Replacements, Protein Supplements
Protein supplement drink	Yes	Powdered Breakfast Drinks, Meal Replacements, Protein Supplements
Provolone cheese	Yes	Cheese
Prune juice	Yes	Juices (100%), Drinks, Ades
Prunes	Yes	Fruits, Berries
Pub Fries	Yes	Chips, Puffs, Twists, Potato Sticks
Pudding	No	Pudding
Puffed rice cereal	Yes	Ready-to-Eat Cereals
Puffed wheat cereal	Yes	Ready-to-Eat Cereals
Puffed wheat cereal presweetened	Yes	Ready-to-Eat Cereals
Pumpernickel bread	Yes	Bread (Not Sweet)
Pumpkin	Yes	Vegetables, Dry Beans
Pumpkin bread	Yes	Bread (Not Sweet)

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
Pumpkin pie	Yes	Pies, Tarts
Pumpkin seeds	Yes	Nuts, Seeds, and Mixtures of Nuts and Seeds
Punch	Yes	Juices (100%), Drinks, Ades
Pupusa Mexican	Yes	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopas, Pupusas
Puri Indian bread	Yes	Bread (Not Sweet)
Push pop	Yes	Popsicles, Ices, Frozen Fruit Bars, Sorbets, Slurpees, Smoothies
Quail	Yes	Poultry
Quail egg	Yes	Eggs, Egg Substitutes
Quesadilla Mexican	Yes	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopas, Pupusas
Quiche	No	Quiche
Quiche Lorraine	Yes	Quiche
Rabbit	Yes	Beef, Lamb, Veal, Game Meats
Raccoon	Yes	Beef, Lamb, Veal, Game Meats
Radicchio	Yes	Vegetables, Dry Beans
Radish	Yes	Vegetables, Dry Beans
Raisin biscuit	Yes	Biscuits
Raisin bran cereal	Yes	Ready-to-Eat Cereals
Raisin bread	Yes	Bread (Not Sweet)
Raisin Nut Bran cereal	Yes	Ready-to-Eat Cereals
Raisinets	Yes	Candy
Raisins	Yes	Fruits, Berries
Ranch dip	Yes	Dip
Ranch dressing	Yes	Salad Dressings, Mayonnaise
Raspberries	Yes	Fruits, Berries
Raspberry juice	Yes	Juices (100%), Drinks, Ades
Ratatouille	Yes	Vegetables, Dry Beans
Ravioli	Yes	Ravioli, Tortellini, Manicotti, Cannelloni, Stuffed Shells
Raw egg	Yes	Eggs, Egg Substitutes
RAX roast beef sandwich	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
RC Cola	Yes	Sodas, Pop, Soft Drinks
Red beans	Yes	Vegetables, Dry Beans
Red beans and rice	Yes	Beans and Rice
Red fat cream cheese	Yes	Cream Cheese
Red fat milk	Yes	Milk
Red Hots candy	Yes	Candy
Red wine	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Reddiwhip topping	Yes	Cream, Creamers, Whipped Toppings
Reeses candy	Yes	Candy
Reeses cookie cups	Yes	Candy
Reeses Nutrageous bar	Yes	Candy
Reeses Peanut Butter Cup	Yes	Candy
Reeses Peanut butter Puffs cereal	Yes	Ready-to-Eat Cereals
Reeses Pieces	Yes	Candy

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
Reeses Sticks wafer bars	Yes	Candy
Refried beans	Yes	Vegetables, Dry Beans
Relish	Yes	Condiments, Sauce, Salsa
Reuben sandwich	No	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Rhubarb	Yes	Fruits, Berries
Rib roast	Yes	Beef, Lamb, Veal, Game Meats
Ribs	Yes	Ham or Pork
Rice	No	Rice
Rice A Roni all flavors	Yes	Rice
Rice cake	Yes	Crackers
Rice cereal	Yes	Ready-to-Eat Cereals
Rice Dream	Yes	Milk
Rice Dream frz bar	Yes	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Rice Dream frz dessert	Yes	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Rice Krispies cereal	Yes	Ready-to-Eat Cereals
Rice Krispies Treat bar	Yes	Cookies, Brownies
Rice Krispies Treats cereal	Yes	Ready-to-Eat Cereals
Rice milk	Yes	Milk
Rice noodles	Yes	Pasta: Noodles, Macaroni
Rice pilaf	Yes	Rice
Rice pudding	Yes	Pudding
Rice soup	Yes	Soups
Rice tea	No	Tea, Hot & Iced
Ricotta cheese	No	Cottage Cheese
Ring Dings	Yes	Cakes, Cupcakes, Snack Cakes
Ring Pop	Yes	Candy
Risotto	Yes	Mixed Dishes, Casseroles
Ritz Bits crackers	Yes	Crackers
Ritz crackers	Yes	Crackers
Roast	Yes	Beef, Lamb, Veal, Game Meats
Roast beef	Yes	Beef, Lamb, Veal, Game Meats
Roast beef hash	Yes	Mixed Dishes, Casseroles
Roast beef sandwich	No	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Roast turkey	Yes	Poultry
Roasted chicken	Yes	Poultry
Rock candy	Yes	Sugars
Roe	Yes	Fish, Shellfish
Roll	Yes	Rolls, Buns, Bagels, English Muffins
Rolos candy	Yes	Candy
Root beer	Yes	Sodas, Pop, Soft Drinks
Root beer float	Yes	Milk Shakes
Rose wine	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Roti Indian bread	Yes	Bread (Not Sweet)
RR bacon cheeseburger	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
RR cheeseburger	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
RR hamburger	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
RR Kids Meal cheeseburger	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
RR Kids Meal hamburger	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
RR roast beef sandwich	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
RR sandwich	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Rum	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Rum and Coke	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Runts candy	Yes	Candy
Russian dressing	Yes	Salad Dressings, Mayonnaise
Rutabaga	Yes	Vegetables, Dry Beans
Rye bread	Yes	Bread (Not Sweet)
Saccharin	Yes	Low Calorie Sweeteners, Sugar Substitutes
Saki Japanese wine	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Salad	No	Green Salads
Salad bar	No	Unknown Foods
Salad dressing	No	Salad Dressings, Mayonnaise
Salami	Yes	Deli Meats, Packaged Lunch Meats, Meat Spreads, Potted Meat
Salami sandwich	No	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Salisbury steak	Yes	Mixed Dishes, Casseroles
Salisbury steak frz din	No	Frozen Meals, Frozen Main Dishes
Salmon	Yes	Fish, Shellfish
Salmon cake	Yes	Fish, Shellfish
Salmon patty	Yes	Fish, Shellfish
Salsa	Yes	Condiments, Sauce, Salsa
Saltine crackers	Yes	Crackers
Samosa	Yes	Cobblers, Crisps, Strudels, Turnovers
Sandwich	No	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Sandwich cookie	Yes	Cookies, Brownies
Sandwich crackers	Yes	Crackers
Sandwich steak	Yes	Beef, Lamb, Veal, Game Meats
Sandwich wrap	No	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Sangria wine	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Sanka	Yes	Coffee, Specialty Coffees
Sardines	Yes	Fish, Shellfish
Sauce	No	Condiments, Sauce, Salsa
Sauerbraten	Yes	Beef, Lamb, Veal, Game Meats
Sauerkraut	Yes	Vegetables, Dry Beans
Sausage	No	Sausage
Sausage biscuit	No	Bacon, Sausage, BLT Sandwiches
Sausage egg and cheese biscuit	No	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Sausage gravy	Yes	Gravy
Sausage sandwich	No	Bacon, Sausage, BLT Sandwiches
Scalloped corn	Yes	Vegetables, Dry Beans
Scalloped potato	Yes	White Potatoes
Scallops	Yes	Fish, Shellfish
Schnapps	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
School breakfast	No	Unknown Foods

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
School french fries	Yes	French Fries, Tater Tots
School lunch	No	Unknown Foods
School pizza	Yes	Pizza, Pizza Rolls, Bagel Bites
Scone	Yes	Biscuits
Scooter pie	Yes	Cookies, Brownies
Scotch	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Scotch and soda	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Scrambled egg	Yes	Eggs, Egg Substitutes
Scrapple	Yes	Sausage
Screwdriver	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Sea moss	Yes	Vegetables, Dry Beans
Seafood	No	Fish, Shellfish
Seafood dip	Yes	Dip
Seafood newburg	Yes	Fish, Shellfish
Seafood salad	Yes	Other Salads
Seaweed	Yes	Vegetables, Dry Beans
Seeds	No	Nuts, Seeds, and Mixtures of Nuts and Seeds
Sego supplement	Yes	Powdered Breakfast Drinks, Meal Replacements, Protein Supplements
Seitan	Yes	Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees
Seltzer water	Yes	Water, Carbonated Water
Sesame beef Chinese	Yes	Chinese Mixed Dishes
Sesame chicken Chinese	Yes	Chinese Mixed Dishes
Sesame pork Chinese	Yes	Chinese Mixed Dishes
Sesame seeds	Yes	Nuts, Seeds, and Mixtures of Nuts and Seeds
Shake	No	Milk Shakes
Sharps nonalcoholic beer	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Shellfish	No	Fish, Shellfish
Shepherds pie	No	Shepherd's Pie
Sherbet	Yes	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Sherbet push up	Yes	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Sherry	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Shirley Temple	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Shish kabob	Yes	Mixed Dishes, Casseroles
Shoestring potatoes	Yes	French Fries, Tater Tots
Shortbread cookie	Yes	Cookies, Brownies
Shortening	Yes	Butter, Margarine, Spreads, Butter Replacements
Shortribs	Yes	Beef, Lamb, Veal, Game Meats
Shredded Wheat and Bran cereal	Yes	Ready-to-Eat Cereals
Shredded Wheat cereal	Yes	Ready-to-Eat Cereals
Shrimp	Yes	Fish, Shellfish
Shrimp and noodles	Yes	Mixed Dishes, Casseroles
Shrimp cocktail	Yes	Fish, Shellfish
Shrimp creole	Yes	Creole
Shrimp curry	Yes	Curry

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
Shrimp dip	Yes	Dip
Shrimp dumpling	Yes	Dumpling(s)
Shrimp fried rice Chinese	Yes	Chinese Mixed Dishes
Shrimp lo mein Chinese	Yes	Chinese Mixed Dishes
Shrimp newburg	Yes	Fish, Shellfish
Shrimp salad	Yes	Other Salads
Shrimp salad sandwich	No	Fish, Shellfish Sandwiches
Shrimp scampi	Yes	Fish, Shellfish
Shrimp tempura	Yes	Tempura
Shrimp teriyaki Chinese	Yes	Chinese Mixed Dishes
Shrimp toast Chinese	Yes	Chinese Mixed Dishes
Shrimp w lobster sauce Chinese	Yes	Chinese Mixed Dishes
Shrimp w vegetables Chinese	Yes	Chinese Mixed Dishes
Side salad	Yes	Green Salads
Similac formula	Yes	Formulas
Similac Natural Care formula	Yes	Formulas
Similac NeoCare formula	Yes	Formulas
Similac PM 60 40 formula	Yes	Formulas
Similac Special Care 24 formula	Yes	Formulas
Similac Toddlers Best formula	Yes	Formulas
Singapore Sling	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Sirloin steak	Yes	Beef, Lamb, Veal, Game Meats
Sizzlean	Yes	Bacon
Skim milk	Yes	Milk
Skittles candy	Yes	Candy
Skor bar	Yes	Candy
Slender supplement	Yes	Powdered Breakfast Drinks, Meal Replacements, Protein Supplements
Slice	Yes	Sodas, Pop, Soft Drinks
Slim Fast bar	Yes	Breakfast Bars, Granola Bars, Meal Replacement Bars
Slim Fast supplement	Yes	Powdered Breakfast Drinks, Meal Replacements, Protein Supplements
Slim Jim jerky	Yes	Jerky, Dried Meats
Sloppy joe	No	Barbecue, Sloppy Joe
Slurpee	Yes	Popsicles, Ices, Frozen Fruit Bars, Sorbets, Slurpees, Smoothies
Slush Puppy	Yes	Popsicles, Ices, Frozen Fruit Bars, Sorbets, Slurpees, Smoothies
SMA formula	Yes	Formulas
Smarties candy	Yes	Candy
Smoked salmon	Yes	Fish, Shellfish
Smoked sausage	Yes	Sausage
Smokie Links	No	Hot Dogs
Smoothie	Yes	Milk Shakes
Smores cookie	Yes	Cookies, Brownies
Snack	No	Unknown Foods
Snack cake	No	Cakes, Cupcakes, Snack Cakes
Snack mix	Yes	Trail and Snack Mix
Snack sticks	No	Breadsticks

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
Snails	Yes	Fish, Shellfish
Snap beans	Yes	Vegetables, Dry Beans
Snapple	No	Unknown Foods
Snapple Tea	Yes	Tea, Hot & Iced
Snickerdoodle cookie	Yes	Cookies, Brownies
Snickers bar candy	Yes	Candy
Snickers ice cream bar	Yes	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Snow Caps candy	Yes	Candy
Snow cone	Yes	Popsicles, Ices, Frozen Fruit Bars, Sorbets, Slurpees, Smoothies
Snowball snack cake	Yes	Cakes, Cupcakes, Snack Cakes
Snowpeas	Yes	Vegetables, Dry Beans
Sociables crackers	Yes	Crackers
Soda	No	Sodas, Pop, Soft Drinks
Soda crackers	Yes	Crackers
Sodalicious candy	Yes	Candy
Soft drink	No	Sodas, Pop, Soft Drinks
Soft pretzels	Yes	Pretzels
Soft taco Mexican	Yes	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopas, Pupusas
Sopa caldo de pollo	Yes	Soups
Sopa caldo de Res	Yes	Soups
Sopa de ajo	Yes	Soups
Sopa de Albondigas	Yes	Soups
Sopa de carne y fideos	Yes	Soups
Sopa de Fideo Aguada	Yes	Soups
Sopa de pescado	Yes	Soups
Sopa de platano	Yes	Soups
Sopa de pollo con arroz	Yes	Soups
Sopa de tortilla	Yes	Soups
Sopa ranchera	Yes	Soups
Sopa seca de arroz	Yes	Soups
Sopa Seca de Fideo	Yes	Soups
Sopaipilla	No	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Sope shell	Yes	Tortillas, Taco Shells, Gordita Shells, Sope Shells, Chalupa Shells
Sopes Mexican	Yes	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopas, Pupusas
Sorbet	Yes	Popsicles, Ices, Frozen Fruit Bars, Sorbets, Slurpees, Smoothies
Souffle	No	Souffle
Soup	No	Soups
Sour cream	No	Sour Cream
Sour cream dip	Yes	Dip
Sour dough bread	Yes	Bread (Not Sweet)
Soy milk	Yes	Milk
Soy sauce	Yes	Condiments, Sauce, Salsa
Soyalac formula	Yes	Formulas

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
Soybean cake	Yes	Vegetables, Dry Beans
Soybean curd	Yes	Vegetables, Dry Beans
Soybeans	Yes	Vegetables, Dry Beans
Soyburger	Yes	Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees
Spaghetti	Yes	Spaghetti, Spaghetti and Sauce, Spaghetti with Meatballs/Meat Sauce
Spaghetti and meatballs	Yes	Spaghetti, Spaghetti and Sauce, Spaghetti with Meatballs/Meat Sauce
Spaghetti and meatballs frz din	No	Frozen Meals, Frozen Main Dishes
Spaghetti frz din	No	Frozen Meals, Frozen Main Dishes
Spaghetti sauce	No	Spaghetti Sauce
Spaghetti squash	Yes	Vegetables, Dry Beans
Spaghetti w meat sauce	Yes	Spaghetti, Spaghetti and Sauce, Spaghetti with Meatballs/Meat Sauce
SpaghettiOs	Yes	Spaghetti, Spaghetti and Sauce, Spaghetti with Meatballs/Meat Sauce
Spam	Yes	Deli Meats, Packaged Lunch Meats, Meat Spreads, Potted Meat
Spanakopitta	Yes	Pot Pie
Spanish omelet	Yes	Eggs, Egg Substitutes
Spanish rice	Yes	Rice
Spareribs	Yes	Ham or Pork
Special K cereal	Yes	Ready-to-Eat Cereals
Spider Man cereal	Yes	Ready-to-Eat Cereals
Spiked punch	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Spinach	Yes	Vegetables, Dry Beans
Spinach dip	Yes	Dip
Spinach gnocchi	Yes	Gnocchi
Spinach pie	Yes	Pot Pie
Spinach salad	Yes	Green Salads
Split pea soup	Yes	Soups
Split peas	Yes	Vegetables, Dry Beans
Spoon Size Shredded Wheat cereal	Yes	Ready-to-Eat Cereals
Sports drink	Yes	Juices (100%), Drinks, Ades
Spread	No	Unknown Foods
Spreadable fruit	Yes	Jam, Jelly, Fruit Spreads
Spree candy	Yes	Candy
Spring roll	Yes	Egg Roll, Spring Roll, Summer Roll, Fresh Garden Roll
Spring water	Yes	Water, Carbonated Water
Sprinkle Spangles cereal	Yes	Ready-to-Eat Cereals
Sprinkles	Yes	Candy
Sprite	Yes	Sodas, Pop, Soft Drinks
Sprouts	Yes	Vegetables, Dry Beans
Squab	Yes	Poultry
Squash	Yes	Vegetables, Dry Beans
Squash seeds	Yes	Nuts, Seeds, and Mixtures of Nuts and Seeds
Squeezit drink	Yes	Juices (100%), Drinks, Ades
Squid	Yes	Fish, Shellfish
Starburst candy	Yes	Candy

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
Starfruit	Yes	Fruits, Berries
Starkist Tuna and Crackers Lunch Kit	Yes	Fish, Shellfish
Starlight Mints	Yes	Candy
Steak	Yes	Beef, Lamb, Veal, Game Meats
Steak and cheese sandwich	No	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Steak and cheese sub	No	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Steak biscuit	No	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Steak fajita Mexican	Yes	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopas, Pupusas
Steak fries	Yes	French Fries, Tater Tots
Steak sauce	Yes	Condiments, Sauce, Salsa
Steak sub	No	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Steak teriyaki Chinese	Yes	Chinese Mixed Dishes
Steak Ums	Yes	Beef, Lamb, Veal, Game Meats
Steamed bun	Yes	Dumpling(s)
Steamed dumpling	Yes	Dumpling(s)
Stew	Yes	Stews, Guisado, Goulash
Stewed apples	Yes	Fruits, Berries
Stick hard candy	Yes	Candy
Sticky bun	Yes	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Stir fry Chinese	Yes	Chinese Mixed Dishes
Stouffers frz din	Yes	Frozen Meals, Frozen Main Dishes
Strawberries	Yes	Fruits, Berries
Strawberry drink powder	Yes	Syrups, Pancake Syrup
Strawberry milk	Yes	Flavored Milk Drinks
Strawberry milkshake	Yes	Milk Shakes
Strawberry pie	Yes	Pies, Tarts
Strawberry shortcake	Yes	Cakes, Cupcakes, Snack Cakes
Strawberry Squares cereal	Yes	Ready-to-Eat Cereals
Strawberry syrup	Yes	Syrups, Pancake Syrup
String beans	Yes	Vegetables, Dry Beans
String cheese	Yes	Cheese
Stroganoff	No	Beef Stroganoff
Stromboli	Yes	Calzones, Stromboli
Strudel	Yes	Cobblers, Crisps, Strudels, Turnovers
Stuffed cabbage rolls	Yes	Stuffed Cabbage, Stuffed Peppers, Stuffed Graped Leaves, Chile Rellenos
Stuffed grape leaves	Yes	Stuffed Cabbage, Stuffed Peppers, Stuffed Graped Leaves, Chile Rellenos
Stuffed mushrooms	Yes	Stuffed Cabbage, Stuffed Peppers, Stuffed Graped Leaves, Chile Rellenos
Stuffed olives	Yes	Olives
Stuffed pepper	Yes	Stuffed Cabbage, Stuffed Peppers, Stuffed Graped Leaves, Chile Rellenos
Stuffed potato	Yes	White Potatoes
Stuffed shells	Yes	Ravioli, Tortellini, Manicotti, Cannelloni, Stuffed Shells
Stuffed tomato	Yes	Stuffed Cabbage, Stuffed Peppers, Stuffed Graped Leaves, Chile Rellenos
Stuffed vegetable	No	Stuffed Cabbage, Stuffed Peppers, Stuffed Graped Leaves, Chile Rellenos

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
Stuffing	No	Bread or Rice Stuffing, Dressing
Submarine sandwich	No	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Subway Sandwich	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Subway Sub	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Succotash	Yes	Vegetables, Dry Beans
Sucker	Yes	Candy
Sugar	Yes	Sugars
Sugar Babies candy	Yes	Candy
Sugar cookie	Yes	Cookies, Brownies
Sugar Daddy candy	Yes	Candy
Sugar peas	Yes	Vegetables, Dry Beans
Sugar substitute	No	Low Calorie Sweeteners, Sugar Substitutes
Sugar Twin sugar substitute	Yes	Low Calorie Sweeteners, Sugar Substitutes
Sugar wafer	Yes	Cookies, Brownies
Summer roll	Yes	Egg Roll, Spring Roll, Summer Roll, Fresh Garden Roll
Summer sausage	Yes	Sausage
Summer squash	Yes	Vegetables, Dry Beans
Sun Chips	Yes	Chips, Puffs, Twists, Potato Sticks
Sun Crunchers cereal	Yes	Ready-to-Eat Cereals
Sun dried tomato	Yes	Vegetables, Dry Beans
Sunflower seeds	Yes	Nuts, Seeds, and Mixtures of Nuts and Seeds
Sunny Delight drink	Yes	Juices (100%), Drinks, Ades
Super Jerk jerky	Yes	Jerky, Dried Meats
Surge	Yes	Sodas, Pop, Soft Drinks
Surimi	No	Fish, Shellfish
Surullo	Yes	Cornbread, Corn Muffins, Corn Pone
Sushi	No	Sushi
Susie Q	Yes	Cakes, Cupcakes, Snack Cakes
Sustacal supplement	Yes	Powdered Breakfast Drinks, Meal Replacements, Protein Supplements
SW bar	Yes	Breakfast Bars, Granola Bars, Meal Replacement Bars
SW cookie	Yes	Cookies, Brownies
SW crackers	No	Crackers
Swanson frz din	Yes	Frozen Meals, Frozen Main Dishes
Swedish meatballs	Yes	Meatloaf, Meatballs
Sweet and Low sugar substitute	Yes	Low Calorie Sweeteners, Sugar Substitutes
Sweet and sour beef Chinese	Yes	Chinese Mixed Dishes
Sweet and sour chicken Chinese	Yes	Chinese Mixed Dishes
Sweet and sour dressing	Yes	Salad Dressings, Mayonnaise
Sweet and sour meatballs	Yes	Meatloaf, Meatballs
Sweet and sour pork Chinese	Yes	Chinese Mixed Dishes
Sweet and sour sauce	Yes	Condiments, Sauce, Salsa
Sweet and sour shrimp Chinese	Yes	Chinese Mixed Dishes
Sweet bun	Yes	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Sweet Crunch cereal	Yes	Ready-to-Eat Cereals

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
Sweet Escapes bar	Yes	Candy
Sweet roll	Yes	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Sweet Tarts candy	Yes	Candy
Sweet vermouth wine	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Sweetpotato	No	Sweet Potatoes
Sweetpotato pie	Yes	Pies, Tarts
Swiss cake roll	Yes	Cakes, Cupcakes, Snack Cakes
Swiss chard	Yes	Vegetables, Dry Beans
Swiss cheese	Yes	Cheese
Swiss steak	Yes	Mixed Dishes, Casseroles
Swordfish	Yes	Fish, Shellfish
Syrup	No	Syrups, Pancake Syrup
Szechuan beef Chinese	Yes	Chinese Mixed Dishes
Szechuan chicken Chinese	Yes	Chinese Mixed Dishes
Szechuan pork Chinese	Yes	Chinese Mixed Dishes
Szechuan shrimp Chinese	Yes	Chinese Mixed Dishes
T bone steak	Yes	Beef, Lamb, Veal, Game Meats
Tab	Yes	Sodas, Pop, Soft Drinks
Tabbouleh	Yes	Mixed Dishes, Casseroles
Taco burger	No	Hamburger on Bun or Bread (not from fast food)
Taco Mexican	Yes	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopos, Pupusas
Taco salad	Yes	Other Salads
Taco sauce	Yes	Condiments, Sauce, Salsa
Taco shell	Yes	Tortillas, Taco Shells, Gordita Shells, Sope Shells, Chalupa Shells
Taffy	Yes	Candy
Tahine	Yes	Peanut Butter
Take Control Margarine	Yes	Butter, Margarine, Spreads, Butter Replacements
Tamale Mexican	Yes	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopos, Pupusas
Tang drink	Yes	Juices (100%), Drinks, Ades
Tangelo	Yes	Fruits, Berries
Tangerine	Yes	Fruits, Berries
Tangy Taffy	Yes	Candy
Tap water	Yes	Water, Carbonated Water
Tapioca pudding	Yes	Pudding
Taquito Mexican	Yes	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopos, Pupusas
Taro leaves	Yes	Vegetables, Dry Beans
Tart	Yes	Pies, Tarts
Tartar sauce	Yes	Condiments, Sauce, Salsa
Tasteeos cereal	Yes	Ready-to-Eat Cereals
Tastykake	Yes	Cakes, Cupcakes, Snack Cakes
Tater tots	Yes	French Fries, Tater Tots
TB burrito supreme Mexican	Yes	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas,

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
		Sopes, Pupusas
TB Cinnamon Crispa	Yes	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
TB fajita wrap Mexican	Yes	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
TB Mexican pizza Mexican	Yes	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
TB nachos Mexican	Yes	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
TB nachos supreme Mexican	Yes	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
TB soft taco Mexican	Yes	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
TB taco Mexican	Yes	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
TB taco roll up Mexican	Yes	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
TB taco salad	Yes	Other Salads
TB taco supreme Mexican	Yes	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
TB tostada Mexican	Yes	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
TCBY shake	Yes	Milk Shakes
Tea	No	Tea, Hot & Iced
Teddy Grahams	Yes	Crackers
Tembleque	Yes	Mixed Dishes, Casseroles
Tempeh	Yes	Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees
Temptations cereal	Yes	Ready-to-Eat Cereals
Tempura	No	Tempura
Tequila	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Tequila Sunrise	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Tetrazzini	Yes	Mixed Dishes, Casseroles
Texas toast	Yes	Bread (Not Sweet)
Textured vegetable protein TVP	Yes	Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees
Thin Mints chocolate candy	Yes	Candy
Thousand Island dressing	Yes	Salad Dressings, Mayonnaise
Three bean salad	Yes	Other Salads
Three Musketeers bar	Yes	Candy
Thuringer sausage	Yes	Sausage
Tia Maria	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Tic Tacs	Yes	Candy
Tigers milk supplement	Yes	Powdered Breakfast Drinks, Meal Replacements, Protein Supplements
Tiramisu dessert	No	Pudding
Toast	Yes	Bread (Not Sweet)
Toasted oat cereal	Yes	Ready-to-Eat Cereals

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
Toaster pastry	Yes	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Toaster strudel	Yes	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Toasties cereal	Yes	Ready-to-Eat Cereals
Toasty Os cereal	Yes	Ready-to-Eat Cereals
Toffee	Yes	Candy
Tofu	Yes	Vegetables, Dry Beans
Tofu dessert	Yes	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Tofu w vegetables Chinese	Yes	Chinese Mixed Dishes
Tom Collins	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Tomato and cucumber salad	Yes	Other Salads
Tomato aspic	Yes	Other Salads
Tomato juice	Yes	Juices (100%), Drinks, Ades
Tomato sandwich	Yes	Vegetarian Sandwiches, Veggie Burger, Garden Burger, Sandwiches using Meat Substitutes, or "Meatless" Versions of Meat, Poultry or Fish
Tomato soup	Yes	Soups
Tomatoes	Yes	Vegetables, Dry Beans
Tongue	Yes	Liver, Organ Meats
Tonic water	Yes	Water, Carbonated Water
Tootie Fruities cereal	Yes	Ready-to-Eat Cereals
Tootsie Roll	Yes	Candy
Tootsie Roll Pop	Yes	Candy
Top Ramen noodle soup	Yes	Soups
Torte	Yes	Cakes, Cupcakes, Snack Cakes
Tortellini	Yes	Ravioli, Tortellini, Manicotti, Cannelloni, Stuffed Shells
Tortilla chips	Yes	Chips, Puffs, Twists, Potato Sticks
Tortilla Espanola	Yes	Eggs, Egg Substitutes
Tortilla no filling	Yes	Tortillas, Taco Shells, Gordita Shells, Sope Shells, Chalupa Shells
Tossed salad	Yes	Green Salads
Tostada chips	Yes	Chips, Puffs, Twists, Potato Sticks
Tostada Mexican	Yes	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopos, Pupusas
Tostitos	Yes	Chips, Puffs, Twists, Potato Sticks
Total cereal	Yes	Ready-to-Eat Cereals
Town House crackers	Yes	Crackers
Trail mix	Yes	Trail and Snack Mix
Treet	Yes	Deli Meats, Packaged Lunch Meats, Meat Spreads, Potted Meat
Trifle pudding	Yes	Pudding
Tripe	Yes	Liver, Organ Meats
Triples cereal	Yes	Ready-to-Eat Cereals
Triscuit crackers	Yes	Crackers
Trix cereal	Yes	Ready-to-Eat Cereals
Trout	Yes	Fish, Shellfish
Truffles	Yes	Candy
Tuna	Yes	Fish, Shellfish

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
Tuna and crackers lunch kit	Yes	Fish, Shellfish
Tuna casserole	Yes	Mixed Dishes, Casseroles
Tuna dip	Yes	Dip
Tuna Helper	Yes	Hamburger Helper, Chicken Helper, Tuna Helper
Tuna melt sandwich	No	Fish, Shellfish Sandwiches
Tuna noodle casserole	Yes	Mixed Dishes, Casseroles
Tuna salad	Yes	Other Salads
Tuna salad sandwich	No	Fish, Shellfish Sandwiches
Tuna sandwich	No	Fish, Shellfish Sandwiches
Tuna sub	No	Fish, Shellfish Sandwiches
Turkey	Yes	Poultry
Turkey and stuffing	Yes	Mixed Dishes, Casseroles
Turkey bacon	Yes	Bacon
Turkey breast luncheon deli meat	Yes	Deli Meats, Packaged Lunch Meats, Meat Spreads, Potted Meat
Turkey cake	Yes	Mixed Dishes, Casseroles
Turkey club sandwich	No	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Turkey croquette	Yes	Mixed Dishes, Casseroles
Turkey cutlet	Yes	Poultry
Turkey frz din	No	Frozen Meals, Frozen Main Dishes
Turkey nuggets	Yes	Poultry
Turkey pot pie	Yes	Pot Pie
Turkey salad	Yes	Other Salads
Turkey salad sandwich	No	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Turkey sandwich	No	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Turkey sausage	Yes	Sausage
Turkey tetrazzini	Yes	Mixed Dishes, Casseroles
Turnip	Yes	Vegetables, Dry Beans
Turnip greens	Yes	Vegetables, Dry Beans
Turnover	Yes	Cobblers, Crisps, Strudels, Turnovers
Turtles candy	Yes	Candy
TV din	No	Frozen Meals, Frozen Main Dishes
Twinkie	Yes	Cakes, Cupcakes, Snack Cakes
Twix bar	Yes	Candy
Twizzlers candy	Yes	Candy
Unknown food	No	Unknown Foods
Unknown meal	No	Unknown Foods
V8 Juice	Yes	Juices (100%), Drinks, Ades
V8 Splash drink	Yes	Juices (100%), Drinks, Ades
Vanilla milkshake	Yes	Milk Shakes
Vanilla pudding	Yes	Pudding
Vanilla wafer	Yes	Cookies, Brownies
Veal	Yes	Beef, Lamb, Veal, Game Meats
Veal cutlet	Yes	Beef, Lamb, Veal, Game Meats
Veal parmigiana	Yes	Mixed Dishes, Casseroles
Veal w gravy	Yes	Mixed Dishes, Casseroles

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
Vegetable beef soup	Yes	Soups
Vegetable curry	Yes	Curry
Vegetable fajita Mexican	Yes	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopas, Pupusas
Vegetable fried rice Chinese	Yes	Chinese Mixed Dishes
Vegetable juice	Yes	Juices (100%), Drinks, Ades
Vegetable lo mein Chinese	Yes	Chinese Mixed Dishes
Vegetable pot pie	Yes	Pot Pie
Vegetable salad	Yes	Other Salads
Vegetable sandwich	No	Vegetarian Sandwiches, Veggie Burger, Garden Burger, Sandwiches using Meat Substitutes, or "Meatless" Versions of Meat, Poultry or Fish
Vegetable soup	Yes	Soups
Vegetable stew	Yes	Stews, Guisado, Goulash
Vegetable tempura	Yes	Tempura
Vegetables	No	Vegetables, Dry Beans
Vegetarian bacon	Yes	Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees
Vegetarian chicken	Yes	Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees
Vegetarian chicken nuggets	Yes	Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees
Vegetarian chicken sticks	Yes	Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees
Vegetarian chili	Yes	Chili, Chili Con Carne
Vegetarian din loaf	Yes	Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees
Vegetarian egg roll	Yes	Egg Roll, Spring Roll, Summer Roll, Fresh Garden Roll
Vegetarian fish fillet	Yes	Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees
Vegetarian fish sticks	Yes	Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees
Vegetarian hot dog	Yes	Hot Dogs
Vegetarian luncheon meat	Yes	Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees
Vegetarian meat substitute	No	Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees
Vegetarian meatballs	Yes	Meatloaf, Meatballs
Vegetarian meatloaf	Yes	Meatloaf, Meatballs
Vegetarian rice loaf	Yes	Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees
Vegetarian sausage	Yes	Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees
Vegetarian scallops	Yes	Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees
Vegetarian swiss steak w gravy	Yes	Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees
Veggie burger	Yes	Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions of Meat,

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
		Poultry, or Fish Entrees
Veggie sub	Yes	Vegetarian Sandwiches, Veggie Burger, Garden Burger, Sandwiches using Meat Substitutes, or "Meatless" Versions of Meat, Poultry or Fish
Velveeta	Yes	Cheese
Venison	Yes	Beef, Lamb, Veal, Game Meats
Vienna bread	Yes	Bread (Not Sweet)
Vienna Fingers	Yes	Cookies, Brownies
Vienna sausage	Yes	Sausage
Viennetta ice cream	Yes	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Vietnamese Pho soup	Yes	Soups
Vinaigrette dressing	Yes	Salad Dressings, Mayonnaise
Vinegar	Yes	Condiments, Sauce, Salsa
Vinegar and oil dressing	Yes	Salad Dressings, Mayonnaise
Vodka	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Vodka Collins	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Waffle	No	Waffles
Waffle Crisp cereal	Yes	Ready-to-Eat Cereals
Waffle fries	Yes	French Fries, Tater Tots
Waldorf salad	Yes	Other Salads
Walnuts	Yes	Nuts, Seeds, and Mixtures of Nuts and Seeds
Water	No	Water, Carbonated Water
Water as an addition	Yes	Water, Carbonated Water
Water chestnut	Yes	Vegetables, Dry Beans
Watergate salad	Yes	Other Salads
Watermelon	Yes	Fruits, Berries
Wax beans	Yes	Vegetables, Dry Beans
Wedding cake	Yes	Cakes, Cupcakes, Snack Cakes
Wendys bacon cheeseburger	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Wendys cheeseburger	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Wendys chicken salad	Yes	Green Salads
Wendys chicken sandwich	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Wendys double hamburger	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Wendys french fries	Yes	French Fries, Tater Tots
Wendys Frosty	Yes	Milk Shakes
Wendys hamburger	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Wendys Kids Meal cheeseburger	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Wendys Kids Meal hamburger	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Wendys salad	Yes	Green Salads
Wendys sandwich	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Wendys stuffed pita	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Wendys taco salad	Yes	Other Salads
Western omelet	Yes	Eggs, Egg Substitutes
Whataburger Sandwich	Yes	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Whatchamacallit bar	Yes	Candy
Wheat bran	Yes	Ready-to-Eat Cereals

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
Wheat bread	Yes	Bread (Not Sweet)
Wheat cereal	Yes	Ready-to-Eat Cereals
Wheat germ	Yes	Ready-to-Eat Cereals
Wheat Thins	Yes	Crackers
Wheatena cereal	Yes	Cooked Cereals
Wheaties cereal	Yes	Ready-to-Eat Cereals
Whipped cream	No	Cream, Creamers, Whipped Toppings
Whipped topping	No	Cream, Creamers, Whipped Toppings
Whiskey	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Whiskey Sour	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
White bread	Yes	Bread (Not Sweet)
White chocolate	Yes	Candy
White pizza	Yes	Pizza, Pizza Rolls, Bagel Bites
White rice	Yes	Rice
White wine	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Whole milk	Yes	Milk
Whole wheat bread	Yes	Bread (Not Sweet)
Whole wheat cereal	Yes	Ready-to-Eat Cereals
Whoppers candy	Yes	Candy
Wiener	No	Hot Dogs
Wild rice	Yes	Rice
Wilted lettuce salad	Yes	Green Salads
Wine	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Wine cooler	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Winter melon	Yes	Vegetables, Dry Beans
Winter squash	Yes	Vegetables, Dry Beans
Wonder bread	Yes	Bread (Not Sweet)
Wonton	Yes	Egg Roll, Spring Roll, Summer Roll, Fresh Garden Roll
Wonton soup	Yes	Soups
Worcestershire sauce	Yes	Condiments, Sauce, Salsa
Wow chips	Yes	Chips, Puffs, Twists, Potato Sticks
WWAT frz din	Yes	Frozen Meals, Frozen Main Dishes
WWAT Sweetener	Yes	Low Calorie Sweeteners, Sugar Substitutes
Yaki Soba	No	Mixed Dishes, Casseroles
Yam	No	Sweet Potatoes
Yellow rice	Yes	Rice
Yellow squash	Yes	Vegetables, Dry Beans
Yogurt	No	Yogurt
Yogurt dip	Yes	Dip
Yogurt shake	Yes	Milk Shakes
Yoo hoo	Yes	Flavored Milk Drinks
Zagnut bar	Yes	Candy
Zero bar	Yes	Candy
Zima drink	Yes	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Zinger	Yes	Cakes, Cupcakes, Snack Cakes
Zucchini	Yes	Vegetables, Dry Beans

<b>Food Name</b>	<b>Pre-filled</b>	<b>Category Name</b>
Zucchini bread	Yes	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Zwieback toast	Yes	Bread (Not Sweet)

# Appendix B

## Food Categories

## APPENDIX B

### FOOD CATEGORIES

#### **Group 1 – Basic categories:**

These categories collect basic details to identify the food and in some cases, additions.

BAC –bacon	JBL – jambalaya
BAK – baked beans	JDM – jerky/ dried meats
BIS – biscuit	MAC – macaroni & cheese
BMI* - breast milk	MAY – mayo/ dressings
BRB – breakfast bars	MEA – deli meats
BST – bread sticks	MIL – milk
CAK – cake	MTL – meatloaf/ balls
CAL – calzones, etc	OIX – oil
CBR – corn bread/ muffins	OLV – olives
CCH – cream cheese	PAN – pancakes
CER – ready to eat cereals	PBS – peanut butter spread
CHC – cocoa/ hot chocolate	PIC – pickles
CHE – cheese	PUD – pudding
CHI – chili	PZL – pretzels
COF – coffee	SCR – sour cream
COO – cookies	SOD – soda
COT – cottage cheese	SPS – spaghetti sauce
CRL – creole	SSH – sushi
CRW – creamers	SUG – sugars
CSS – condiments/ sauces	SWE – low cal sweeteners
DUM – dumplings	SWP – sweet potato
EGN – eggnog	SYR – syrups
ESR – egg rolls	TEA - tea
FFR – french fries	TEM – tempura
FRE – french toast	TTS – taco/tortilla shells
FST – fish sticks	WAF – waffles
GEL – gelatin	WAT – water
GNO – gnocchi	YOG – yogurt
JAM – jam	

**Group 2 – Complex categories:**

These categories collect detailed information about ingredients and/or preparation methods and additions.

ALC – alcohol	OTS – other salads
BBQ – barbecue/ sloppy joe	PBD – powdered beverage drinks
BLV – beef, lamb, veal	PIZ – pizza
BNR – beans & rice	POT – potatoes
BRE – bread	PSS – popsicles, etc
BUT – butter	QCH – quiche
CDY – candy	PAS – pasta. Noodles
CKC – cooked cereals	PCO – popcorn
CMD –Chinese mixed dishes	POR – pork
CPS – chips/ snacks	POU – poultry
CRA – crackers	PTP – pot pie
CST – cobbler/ strudel	RTM – ravioli, tortellini
CUR – curry	RIC – rice
DIP – dip	SCS – sweet breads. Coffee cakes
DOU – doughnut	SHP – shepherd’s pie
EGG – eggs/egg substitutes	STF – stroganoff
FIS – fish	RBB – rolls, buns, bagels
FMD –flavored milk drinks	SCP – stuffed cabbage/peppers
FRU – fruit	SGE – sausage
GRA – gravy	SOF – soufflé
HEL –hamburger helpers	STD – stuffing
JDA – juice drinks/ades	STW – stew
MSA – meat substitutes	SSS – spaghetti w/ sauce
MXD – mixed dishes	VEG – vegetables

B-2

**Group 3 – Component categories:**

These categories collect detailed ingredients, preparation methods and amounts of the ingredients in most cases.

BBS – Bacon, sausage sandwich	LTP – lunchables
BUR – Burger on bun	MEX – Mexican foods
DOG – hot dog	MSH – milkshakes
ESS – egg, egg salad sandwich	OSA – other sandwich (meat)
FRZ – frozen meal	PBJ – Peanut butter & jelly sandwich
GCS – grilled cheese sandwich	SHS – fish/shellfish sandwich
GRS – green salad	VSA – vegetarian sandwich
ICR – ice cream	

**Group 4 – Others:**

These categories do not fit elsewhere because of the way they collect additions or ingredient information.

BJU – baby food juice
DBC – dry baby cereal
FMA – formula
JBF – jarred baby cereal
SOU –Soup

### LINKING FOOD CATEGORIES

Category	Answer	New Category
Beef, lamb, Veal, Game meats	Bacon	Bacon
Beef, lamb, Veal, Game meats	Bacon	Bacon
Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions	Bacon	Bacon
Unknown	Bacon	Bacon
Mixed Dishes, Casseroles	Beans and franks	Baked beans
Mixed Dishes, Casseroles	Beans, baked	Baked beans
Mixed Dishes, Casseroles	Beans, Boston baked	Baked beans
Mixed Dishes, Casseroles	Pork and beans	Baked beans
Stews, Guisado, Goulash	Beans and franks	Baked beans
Stews, Guisado, Goulash	Beans, baked	Baked beans
Stews, Guisado, Goulash	Beans, Boston baked	Baked beans
Stews, Guisado, Goulash	Pork and beans	Baked beans
Unknown	Baked beans	Baked beans
Unknown	Beans and franks	Baked beans
Unknown	Beans, baked	Baked beans
Unknown	Beans, Boston baked	Baked beans
Unknown	Pork and beans	Baked beans
Unknown	Baked beans	Baked beans
Unknown	Beans and Franks	Baked beans
Unknown	Boston baked beans	Baked beans
Unknown	Pork and beans	Baked beans
Unknown	Beans and franks	Baked beans
Unknown	Beans, baked	Baked beans
Unknown	Beans, Boston baked	Baked beans
Unknown	Pork and beans	Baked beans
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Barbecue	BBQ, sloppy joe
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Beef barbecue	BBQ, sloppy joe
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Chicken barbecue	BBQ, sloppy joe

**LINKING FOOD CATEGORIES (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Manwich	BBQ, sloppy joe
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Pork barbecue	BBQ, sloppy joe
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Sloppy joe	BBQ, sloppy joe
Beef, lamb, Veal, Game meats	Barbecue (any kind)	BBQ, sloppy Joe
Beef, lamb, Veal, Game meats	Sloppy joe	BBQ, sloppy Joe
Beef, lamb, Veal, Game meats	Barbecue	BBQ, sloppy Joe
Beef, lamb, Veal, Game meats	Sloppy joe	BBQ, sloppy Joe
Ham or pork	Barbecue	BBQ, sloppy joe
Ham or pork	Barbecue	BBQ, sloppy joe
Ham or pork	Barbecue sandwich	BBQ, sloppy joe
Ham or pork	Sloppy joe	BBQ, sloppy joe
Poultry	Barbecue sandwich	BBQ, sloppy joe
Poultry	Yes	BBQ, sloppy joe
Unknown	Barbecue	BBQ, sloppy joe
Unknown	Sloppy Joe	BBQ, sloppy joe
Mixed Dishes, Casseroles	Beans and rice	Beans and Rice
Mixed Dishes, Casseroles	Chickpeas and rice	Beans and Rice
Mixed Dishes, Casseroles	Lentils and rice	Beans and Rice
Mixed Dishes, Casseroles	Rice with beans	Beans and Rice
Mixed Dishes, Casseroles	Rice with beans and chicken	Beans and Rice
Mixed Dishes, Casseroles	Rice with beans and pork	Beans and Rice
Unknown	Beans and rice	Beans and Rice
Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions	Stroganoff	Beef Stroganoff
Mixed Dishes, Casseroles	Stroganoff	Beef Stroganoff
Unknown	Stroganoff	Beef Stroganoff
Bacon, Sausage, BLT Sandwiches	OthSandKindOS	Beef, Ham, Pork, Chix, Turkey, Veg, Other Sand

**LINKING FOOD CATEGORIES (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Biscuits	Biscuit sandwich	Beef, Ham, Pork, Chix, Turkey, Veg, Other Sand
Ham or pork	Sandwich	Beef, Ham, Pork, Chix, Turkey, Veg, Other Sand
Poultry	Sandwich	Beef, Ham, Pork, Chix, Turkey, Veg, Other Sand
Poultry	Yes	Beef, Ham, Pork, Chix, Turkey, Veg, Other Sand
Unknown	Beef sandwich	Beef, Ham, Pork, Chix, Turkey, Veg, Other Sand
Unknown	Chicken sandwich	Beef, Ham, Pork, Chix, Turkey, Veg, Other Sand
Unknown	Fast food breakfast sandwich	Beef, Ham, Pork, Chix, Turkey, Veg, Other Sand
Unknown	Fast food sandwich	Beef, Ham, Pork, Chix, Turkey, Veg, Other Sand
Unknown	Finger sandwich	Beef, Ham, Pork, Chix, Turkey, Veg, Other Sand
Unknown	Ham sandwich	Beef, Ham, Pork, Chix, Turkey, Veg, Other Sand
Unknown	Pork sandwich	Beef, Ham, Pork, Chix, Turkey, Veg, Other Sand
Unknown	Sandwich	Beef, Ham, Pork, Chix, Turkey, Veg, Other Sand
Unknown	Turkey sandwich	Beef, Ham, Pork, Chix, Turkey, Veg, Other Sand
Ham or pork	Beef	Beef, Ham, Pork, Chix, Turkey, Veg, Other Sand
Ham or pork	Lamb	Beef, Lamb, Veal, Game Meats
Ham or pork	Venison	Beef, Lamb, Veal, Game Meats
Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions	Cutlets	Beef, Lamb, Veal, Game Meats

**LINKING FOOD CATEGORIES (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions	Steak	Beef, Lamb, Veal, Game Meats
Mixed Dishes, Casseroles	Sauerbraten	Beef, Lamb, Veal, Game Meats
Unknown	Beef	Beef, Lamb, Veal, Game Meats
Unknown	Game meat	Beef, Lamb, Veal, Game Meats
Unknown	Lamb	Beef, Lamb, Veal, Game Meats
Unknown	Meat	Beef, Lamb, Veal, Game Meats
Unknown	Veal	Beef, Lamb, Veal, Game Meats
Bread (Not Sweet)	Biscuit	Biscuits
Rolls, Buns, Bagels, English Muffins	Biscuit	Biscuits
Sweet Breads, Coffee Cakes, Sweet Rolls, pastries, Muffins...	Biscuit	Biscuits
Sweet Breads, Coffee Cakes, Sweet Rolls, pastries, Muffins...	Crumpet	Biscuits
Unknown	Biscuit	Biscuits
Unknown	Crumpet	Biscuits
Unknown	Bread	Bread (Not Sweet)
Unknown	Injera Ethiopian bread	Bread (Not Sweet)
Unknown	Nan Indian bread	Bread (Not Sweet)
Unknown	Poori Indian bread	Bread (Not Sweet)
Unknown	Puri Indian bread	Bread (Not Sweet)
Unknown	Roti Indian bread	Bread (Not Sweet)
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Bread dressing	Bread or Rice Stuffing, Dressing
Egg, Egg Salad Sandwiches	Bread dressing	Bread or Rice Stuffing, Dressing
Green salad	Bread dressing	Bread or Rice Stuffing, Dressing
Other salads	Bread dressing	Bread or Rice Stuffing, Dressing
Salad dressings, Mayonnaise	Bread dressing	Bread or Rice Stuffing, Dressing
Shepherd's pie	Bread dressing	Bread or Rice Stuffing, Dressing
Unknown	Bread dressing	Bread or Rice Stuffing, Dressing
Unknown	Bread stuffing	Bread or Rice Stuffing, Dressing
Unknown	Bread sticks	Breadsticks

<b>LINKING FOOD CATEGORIES (continued)</b>		
<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Unknown	Breakfast bar	Breakfast Bars, Granola Bars, Meal Replacements Bars
Unknown	Granola bar	Breakfast Bars, Granola Bars, Meal Replacements Bars
Unknown	Meal replacement bar	Breakfast Bars, Granola Bars, Meal Replacements Bars
Unknown	Nut butter/paste	Butter, Margarine, Spreads, Butter Replacements
Unknown	Peanut butter	Butter, Margarine, Spreads, Butter Replacements
Pies, Tarts	Boston cream	Cakes, Cupcakes, Snack Cakes
Pies, Tarts	Cream cheese	Cakes, Cupcakes, Snack Cakes
Unknown	Cake	Cakes, Cupcakes, Snack Cakes
Unknown	Cupcake	Cakes, Cupcakes, Snack Cakes
Unknown	Dobos torte	Cakes, Cupcakes, Snack Cakes
Unknown	Petit Fours	Cakes, Cupcakes, Snack Cakes
Unknown	Snack cake	Cakes, Cupcakes, Snack Cakes
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Bacon	Calzones, Stromboli
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Bacon and cheese	Calzones, Stromboli
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Bacon and egg	Calzones, Stromboli
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Bacon, egg, and cheese	Calzones, Stromboli
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	BLT (bacon, lettuce, tomato)	Calzones, Stromboli
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Bratwurst	Calzones, Stromboli
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Half smoke	Calzones, Stromboli

**LINKING FOOD CATEGORIES (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Italian sausage	Calzones, Stromboli
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Kielbasa	Calzones, Stromboli
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Polish sausage	Calzones, Stromboli
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Sausage	Calzones, Stromboli
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Sausage and egg	Calzones, Stromboli
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Sausage and spaghetti sauce	Calzones, Stromboli
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Sausage, egg, and cheese	Calzones, Stromboli
Unknown	Calzone	Calzones, Stromboli
Unknown	Stromboli	Calzones, Stromboli
Unknown	Bacon sandwich	Calzones, Stromboli
Unknown	BLT sandwich	Calzones, Stromboli
Unknown	Sausage sandwich	Calzones, Stromboli
Unknown	Candy	Candy
Unknown	Candy bar	Candy
Unknown	Sixlets candy	Candy
Unknown	Cheese	Cheese
Unknown	Queso asadero	Cheese
Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions	Chili	Chili, Chili con Carne
Unknown	Chili	Chili, Chili con Carne
Unknown	Chili con carne	Chili, Chili con Carne
Mixed Dishes, Casseroles	Beef Sukiyaki	Chinese Mixed Dishes
Mixed Dishes, Casseroles	Pot stickers	Chinese Mixed Dishes
Mixed Dishes, Casseroles	Wontons	Chinese Mixed Dishes
Mixed Dishes, Casseroles	Stir-fry	Chinese Mixed Dishes

**LINKING FOOD CATEGORIES (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Rice	Fried rice	Chinese Mixed Dishes
Stews, Guisado, Goulash	Stir-fry	Chinese Mixed Dishes
Unknown	Moo goo gai pan	Chinese Mixed Dishes
Unknown	Chinese mixed dish	Chinese Mixed Dishes
Unknown	Chop suey	Chinese Mixed Dishes
Unknown	General Tsos	Chinese Mixed Dishes
Unknown	Moo shi	Chinese Mixed Dishes
Unknown	Pad thai noodles	Chinese Mixed Dishes
Unknown	Stir-fry	Chinese Mixed Dishes
Unknown	Stir-fry	Chinese Mixed Dishes
Tortillas, Taco Shells, Gordita Shells, Sope Shells, Chalupa Shells	Tortilla chips	Chips, Puffs, Twists, Potato Sticks
Unknown	Chips	Chips, Puffs, Twists, Potato Sticks
Unknown	Potato sticks	Chips, Puffs, Twists, Potato Sticks
Unknown	Puffs	Chips, Puffs, Twists, Potato Sticks
Unknown	Salty Snack	Chips, Puffs, Twists, Potato Sticks
Unknown	Twists	Chips, Puffs, Twists, Potato Sticks
Unknown	Baklava	Cobblers, Crisps, Strudels, Turnovers
Unknown	Cobbler	Cobblers, Crisps, Strudels, Turnovers
Unknown	Crisp	Cobblers, Crisps, Strudels, Turnovers
Unknown	Empanada	Cobblers, Crisps, Strudels, Turnovers
Unknown	Strudel	Cobblers, Crisps, Strudels, Turnovers
Unknown	Turnover	Cobblers, Crisps, Strudels, Turnovers
Unknown	Hot chocolate	Cocoa, Hot chocolate
Unknown	Hot cocoa	Cocoa, Hot chocolate
Unknown	Coffee	Coffee, Speciality Coffees
Unknown	Coffee and cocoa	Coffee, Speciality Coffees
Unknown	Coffee drink	Coffee, Speciality Coffees
Unknown	Postum coffee	Coffee, Speciality Coffees
Unknown	Tamarind drink	Coffee, Speciality Coffees
Fruit, Berries	Fruit relish	Condiments, Sauce, Salsa

**LINKING FOOD CATEGORIES (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Fruit.	Fruit sauce	Condiments, Sauce, Salsa
Gravy	Cheese sauce	Condiments, Sauce, Salsa
Gravy	White sauce	Condiments, Sauce, Salsa
Unknown	Sauce	Condiments, Sauce, Salsa
RTE cereal	Buckwheat groats	Cooked Cereals
RTE cereal	Cocoa Wheats	Cooked Cereals
RTE cereal	Cornmeal mush	Cooked Cereals
RTE cereal	Cream of Rice	Cooked Cereals
RTE cereal	Cream of Rye	Cooked Cereals
RTE cereal	Cream of Wheat	Cooked Cereals
RTE cereal	Farina	Cooked Cereals
RTE cereal	Fruit and Cream Oatmeal	Cooked Cereals
RTE cereal	Grits	Cooked Cereals
RTE cereal	Instant Grits, all flavors	Cooked Cereals
RTE cereal	Kasha	Cooked Cereals
RTE cereal	Maltex	Cooked Cereals
RTE cereal	Maypo	Cooked Cereals
RTE cereal	Micro Muesli	Cooked Cereals
RTE cereal	Multigrain Oatmeal	Cooked Cereals
RTE cereal	Oatmeal Swirlers	Cooked Cereals
RTE cereal	Old Wessex Irish Style Oatmeal	Cooked Cereals
RTE cereal	Roman Meal	Cooked Cereals
RTE cereal	Seven-grain cereal	Cooked Cereals
RTE cereal	Total Oatmeal	Cooked Cereals
RTE cereal	Under Cover Bears	Cooked Cereals
RTE cereal	Wheatena	Cooked Cereals
RTE cereal	Zoom	Cooked Cereals
RTE cereal	Cooked	Cooked Cereals
Unknown	Buckwheat groats	Cooked Cereals
Unknown	Bulgur	Cooked Cereals
Unknown	Cooked cereal	Cooked Cereals

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**LINKING FOOD CATEGORIES (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Unknown	Masa harina	Cooked Cereals
Unknown	Millet	Cooked Cereals
Unknown	Polenta	Cooked Cereals
Cakes, Cupcakes, Snack Cakes	Cookie	Cookies, Brownies
Cakes, Cupcakes, Snack Cakes	Little Debbie Apple Delights	Cookies, Brownies
Cakes, Cupcakes, Snack Cakes	Little Debbie Banana Marshmallow Pies	Cookies, Brownies
Cakes, Cupcakes, Snack Cakes	Little Debbie Caramel Cookie bars	Cookies, Brownies
Cakes, Cupcakes, Snack Cakes	Little Debbie Chocolate Marshmallow Pies	Cookies, Brownies
Cakes, Cupcakes, Snack Cakes	Little Debbie Coconut Rounds	Cookies, Brownies
Cakes, Cupcakes, Snack Cakes	Little Debbie Figaroos	Cookies, Brownies
Cakes, Cupcakes, Snack Cakes	Little Debbie Fudge Brownies	Cookies, Brownies
Cakes, Cupcakes, Snack Cakes	Little Debbie Fudge Rounds	Cookies, Brownies
Cakes, Cupcakes, Snack Cakes	Little Debbie German Chocolate Cookie Rings	Cookies, Brownies
Cakes, Cupcakes, Snack Cakes	Little Debbie Jelly Creme Pies	Cookies, Brownies
Cakes, Cupcakes, Snack Cakes	Little Debbie Marshmallow Supremes	Cookies, Brownies
Cakes, Cupcakes, Snack Cakes	Little Debbie Nutty Bars	Cookies, Brownies
Cakes, Cupcakes, Snack Cakes	Little Debbie Oatmeal Creme Pies	Cookies, Brownies
Cakes, Cupcakes, Snack Cakes	Little Debbie Peanut Butter & Jelly Sandwich	Cookies, Brownies
Cakes, Cupcakes, Snack Cakes	Little Debbie Peanut Butter bars	Cookies, Brownies
Cakes, Cupcakes, Snack Cakes	Little Debbie Peanut Clusters	Cookies, Brownies
Cakes, Cupcakes, Snack Cakes	Little Debbie Raisin Creme Pies	Cookies, Brownies
Cakes, Cupcakes, Snack Cakes	Little Debbie Star Crunch	Cookies, Brownies
Cakes, Cupcakes, Snack Cakes	Little Debbie Vanilla Marshmallow Pies	Cookies, Brownies
Cakes, Cupcakes, Snack Cakes	Little Debbie Yo Yo's	Cookies, Brownies
Unknown	Biscotti	Cookies, Brownies
Unknown	Brownie	Cookies, Brownies
Unknown	Cookie	Cookies, Brownies
Unknown	Lady finger	Cookies, Brownies
Unknown	Lebkuchen	Cookies, Brownies
Bread (Not Sweet)	Cornbread	Cornbread, Corn muffins, Corn pone
Bread (Not Sweet)	Cornbread	Cornbread, Corn muffins, Corn pone

**LINKING FOOD CATEGORIES (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
PB sandwich, PBJ Sandwich	Cornbread	Cornbread, Corn muffins, Corn pone
Rolls, Buns, Bagels, English Muffins	Corn muffin	Cornbread, Corn muffins, Corn pone
Sweet Breads, Coffee Cakes, Sweet Rolls, pastries, Muffins...	Corn muffin	Cornbread, Corn muffins, Corn pone
Unknown	Corn muffins	Cornbread, Corn muffins, Corn pone
Unknown	Corn pone	Cornbread, Corn muffins, Corn pone
Unknown	Cornbread	Cornbread, Corn muffins, Corn pone
Unknown	Spoonbread	Cornbread, Corn muffins, Corn pone
Cheese	Cottage cheese	Cottage cheese
Grilled Cheese and Cheese Sandwiches	Cottage cheese	Cottage cheese
Other salads	Cottage cheese	Cottage cheese
Unknown	Cottage cheese	Cottage cheese
Unknown	Cracker	Crackers
Unknown	Sandwich crackers	Crackers
Cheese	Cream cheese	Cream cheese
Cheese	Cream cheese	Cream cheese
Grilled Cheese and Cheese Sandwiches	Cream cheese	Cream cheese
Other salads	Cream cheese	Cream cheese
Unknown	Cream cheese	Cream cheese
Milk	Cream	Cream, Creamers, Whipped Toppings
Milk	Creamer	Cream, Creamers, Whipped Toppings
Milk	Half and half	Cream, Creamers, Whipped Toppings
Unknown	Cream	Cream, Creamers, Whipped Toppings
Unknown	Creamer	Cream, Creamers, Whipped Toppings
Unknown	Whipped topping	Cream, Creamers, Whipped Toppings
Mixed Dishes, Casseroles	Creole	Creole
Unknown	Creole	Creole
Mixed Dishes, Casseroles	Curry	Curry
Unknown	Curry	Curry
Ham or pork	Yes	Deli, Pkg Lunch, Meat Spreads, Potted Meat
Ham or pork	Spam	Deli, Pkg Lunch, Meat Spreads, Potted Meat

**LINKING FOOD CATEGORIES (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Ham or pork	Treet	Deli, Pkg Lunch, Meat Spreads, Potted Meat
Ham or pork	Turkey ham	Deli, Pkg Lunch, Meat Spreads, Potted Meat
Poultry	Deli loaf	Deli, Pkg Lunch, Meat Spreads, Potted Meat
Poultry	Deli meat	Deli, Pkg Lunch, Meat Spreads, Potted Meat
Poultry	Luncheon meat	Deli, Pkg Lunch, Meat Spreads, Potted Meat
Unknown	Capicola	Deli, Pkg Lunch, Meat Spreads, Potted Meat
Unknown	Deli meat	Deli, Pkg Lunch, Meat Spreads, Potted Meat
Unknown	Meat spread	Deli, Pkg Lunch, Meat Spreads, Potted Meat
Unknown	Mortadella	Deli, Pkg Lunch, Meat Spreads, Potted Meat
Unknown	Packaged lunch meat	Deli, Pkg Lunch, Meat Spreads, Potted Meat
Unknown	Potted meat	Deli, Pkg Lunch, Meat Spreads, Potted Meat
Unknown	Souse	Deli, Pkg Lunch, Meat Spreads, Potted Meat
Beef, lamb, Veal, Game meats	Deli meat	Deli, Pkg Lunch, Meat Spreads, Potted Meat
Beef, lamb, Veal, Game meats	Luncheon meats	Deli, Pkg Lunch, Meat Spreads, Potted Meat
Beef, lamb, Veal, Game meats	Pastrami	Deli, Pkg Lunch, Meat Spreads, Potted Meat
Beef, lamb, Veal, Game meats	Deli meat	Deli, Pkg Lunch, Meat Spreads, Potted Meat
Beef, lamb, Veal, Game meats	Luncheon meat	Deli, Pkg Lunch, Meat Spreads, Potted Meat
Condiments, Sauce, Salsa	Chili con queso	Dip
Fruit, Berries	Fruit dip	Dip
Unknown	Baba Ghanoush	Dip
Unknown	Dip	Dip
Unknown	Hummus	Dip
Cakes, Cupcakes, Snack Cakes	Little Debbie Donut Sticks	Doughnuts
Cakes, Cupcakes, Snack Cakes	Tastykake Mini Donuts	Doughnuts
Cakes, Cupcakes, Snack Cakes	Tastykake Orange Frosted Donuts	Doughnuts
Cakes, Cupcakes, Snack Cakes	Tastykake Powdered Donuts	Doughnuts
Cakes, Cupcakes, Snack Cakes	Tastykake Rich Frosted Donuts	Doughnuts
Sweet Breads, Coffee Cakes, Sweet Rolls, pastries, Muffins...	Doughnut	Doughnuts
Unknown	Churro	Doughnuts
Unknown	Doughnut	Doughnuts

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**LINKING FOOD CATEGORIES (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Unknown	Mexican cruller	Doughnuts
Mixed Dishes, Casseroles	Manapua	Dumplings
Pasta: Noodles, Macaroni	Pierogi	Dumplings
Unknown	Dumplings	Dumplings
Unknown	Kreplach	Dumplings
Unknown	Pierogi	Dumplings
Unknown	Piroshki	Dumplings
Unknown	Fresh garden roll	Egg roll, Spring, Summer, Fresh garden roll
Unknown	Lumpia	Egg roll, Spring, Summer, Fresh garden roll
Unknown	Spring roll	Egg roll, Spring, Summer, Fresh garden roll
Unknown	Summer roll	Egg roll, Spring, Summer, Fresh garden roll
Unknown	Egg roll	Egg roll, Spring, Summer, Fresh garden roll
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Egg	Egg, Egg salad sandwich
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Egg salad	Egg, Egg salad sandwich
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Egg, cheese, and beef	Egg, Egg salad sandwich
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Egg, cheese, and ham	Egg, Egg salad sandwich
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Egg, cheese, and steak	Egg, Egg salad sandwich
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Fried egg	Egg, Egg salad sandwich
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Hard boiled egg	Egg, Egg salad sandwich
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Omelet	Egg, Egg salad sandwich
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Poached egg	Egg, Egg salad sandwich
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Scrambled egg	Egg, Egg salad sandwich

<b>LINKING FOOD CATEGORIES (continued)</b>		
<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Unknown	Egg salad sandwich	Egg, Egg salad sandwich
Unknown	Egg sandwich	Egg, Egg salad sandwich
Unknown	Eggnog	Eggnog
Unknown	Egg	Eggs, Egg substitute
Unknown	Egg substitute	Eggs, Egg substitute
Beef, lamb, Veal, Game meats	Eel	Fish, Shellfish
Beef, lamb, Veal, Game meats	Fish	Fish, Shellfish
Beef, lamb, Veal, Game meats	Frog legs	Fish, Shellfish
Beef, lamb, Veal, Game meats	Shellfish	Fish, Shellfish
Beef, lamb, Veal, Game meats	Fish	Fish, Shellfish
Beef, lamb, Veal, Game meats	Shellfish	Fish, Shellfish
Mixed Dishes, Casseroles	Fish, stuffed	Fish, Shellfish
Mixed Dishes, Casseroles	Seafood, stuffed	Fish, Shellfish
Unknown	Bouillabaisse	Fish, Shellfish
Unknown	Fish	Fish, Shellfish
Unknown	Shellfish	Fish, Shellfish
Unknown	Surimi	Fish, Shellfish
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Crab cake	Fish, Shellfish Sandwiches
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Crab salad	Fish, Shellfish Sandwiches
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Fish	Fish, Shellfish Sandwiches
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Fish fillet	Fish, Shellfish Sandwiches
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Fish fillet with cheese	Fish, Shellfish Sandwiches
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Fried oyster	Fish, Shellfish Sandwiches
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Grilled fish	Fish, Shellfish Sandwiches

**LINKING FOOD CATEGORIES (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Lobster salad	Fish, Shellfish Sandwiches
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Lox	Fish, Shellfish Sandwiches
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Salmon cake	Fish, Shellfish Sandwiches
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Sardine	Fish, Shellfish Sandwiches
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Seafood salad	Fish, Shellfish Sandwiches
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Shrimp cake	Fish, Shellfish Sandwiches
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Shrimp salad	Fish, Shellfish Sandwiches
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Soft shell crab	Fish, Shellfish Sandwiches
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Tuna cake	Fish, Shellfish Sandwiches
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Tuna fish	Fish, Shellfish Sandwiches
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Tuna melt	Fish, Shellfish Sandwiches
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Tuna salad	Fish, Shellfish Sandwiches
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Tuna salad with cheese	Fish, Shellfish Sandwiches
Fish, Shellfish	Crab cake sandwich	Fish, Shellfish Sandwiches
Fish, Shellfish	Crab cake sandwich	Fish, Shellfish Sandwiches
Unknown	Fish sandwich	Fish, Shellfish Sandwiches
Unknown	Shellfish sandwich	Fish, Shellfish Sandwiches
Fish, Shellfish	Fish nugget	Fishsticks
Fish, Shellfish	Fish patty	Fishsticks

**LINKING FOOD CATEGORIES (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Fish, Shellfish	Fish stick	Fishsticks
Fish, Shellfish	Fish nugget	Fishsticks
Fish, Shellfish	Fish stick	Fishsticks
Unknown	Fishsticks	Fishsticks
Milk	Chocolate milk	Flavored Milk Drinks
Milk	Malted milk/Milk drink	Flavored Milk Drinks
Unknown	Chocolate milk	Flavored Milk Drinks
Unknown	Flavored milk drink	Flavored Milk Drinks
Unknown	Horchata	Flavored Milk Drinks
Milk	Formula	Formula
Milk	Breast milk	Formula
Unknown	Formula	Formula
Unknown	French fries	French fries, Tater Tots
Unknown	Tator tots	French fries, Tater Tots
White potatoes	French fries	French fries, Tater Tots
White potatoes	Potato puffs	French fries, Tater Tots
White potatoes	Tater tots	French fries, Tater Tots
Condiments, Sauce, Salsa	Applesauce	Fruit, Berries
Unknown	Apple chips	Fruit, Berries
Unknown	Berries	Fruit, Berries
Unknown	Cassaba melon	Fruit, Berries
Unknown	Fruit	Fruit, Berries
Unknown	Loquats	Fruit, Berries
Unknown	Lychees	Fruit, Berries
Mixed Dishes, Casseroles	Gnocchi	Gnocchi
Unknown	Gnocchi	Gnocchi
Unknown	Gravy	Gravy
Other salads	Layered salad	Green salad
Other salads	Seven-layer salad	Green salad
Other salads	Yes (with greens)	Green salad
Unknown	Green salad	Green salad

**LINKING FOOD CATEGORIES (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Unknown	Layered salad	Green salad
Unknown	Salad	Green salad
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Cheese	Grilled cheese and Cheese Sandwiches
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Cheese spread	Grilled cheese and Cheese Sandwiches
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Grilled cheese	Grilled cheese and Cheese Sandwiches
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Pimento cheese	Grilled cheese and Cheese Sandwiches
Unknown	Cheese sandwich	Grilled cheese and Cheese Sandwiches
Unknown	Grilled cheese sandwich	Grilled cheese and Cheese Sandwiches
Barbecue, Sloppy Joe	Rib	Ham or pork
Beef, lamb, Veal, Game meats	Baby back ribs	Ham or pork
Beef, lamb, Veal, Game meats	Ham	Ham or pork
Beef, lamb, Veal, Game meats	Pork	Ham or pork
Beef, lamb, Veal, Game meats	Spare rib	Ham or pork
Beef, lamb, Veal, Game meats	Ham	Ham or pork
Beef, lamb, Veal, Game meats	Pork	Ham or pork
Poultry	Pork	Ham or pork
Unknown	Ham	Ham or pork
Unknown	Pork	Ham or pork
Mixed Dishes, Casseroles	Hamburger Helper	Hamburger, Chix , Tuna Helper
Pasta: Noodles, Macaroni	Chicken Helper	Hamburger, Chix , Tuna Helper
Pasta: Noodles, Macaroni	Hamburger Helper	Hamburger, Chix , Tuna Helper
Pasta: Noodles, Macaroni	Tuna Helper	Hamburger, Chix , Tuna Helper
Spaghetti Sauce	Hamburger Helper dry mix	Hamburger, Chix , Tuna Helper
Unknown	Chicken Helper	Hamburger, Chix , Tuna Helper
Unknown	Hamburger Helper	Hamburger, Chix , Tuna Helper
Unknown	Tuna Helper	Hamburger, Chix , Tuna Helper
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Buffalo burger	Hamburger on bun or Bread (Not Fast Food)

**LINKING FOOD CATEGORIES (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Cheeseburger	Hamburger on bun or Bread (Not Fast Food)
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Chicken burger	Hamburger on bun or Bread (Not Fast Food)
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Chili burger	Hamburger on bun or Bread (Not Fast Food)
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Hamburger	Hamburger on bun or Bread (Not Fast Food)
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Pizzaburger	Hamburger on bun or Bread (Not Fast Food)
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Tacoburger	Hamburger on bun or Bread (Not Fast Food)
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Turkey burger	Hamburger on bun or Bread (Not Fast Food)
Unknown	Burger	Hamburger on bun or Bread (Not Fast Food)
Unknown	Hamburger	Hamburger on bun or Bread (Not Fast Food)
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Hot dog	Hot Dogs
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Meatless hot dog	Hot Dogs
Beef, lamb, Veal, Game meats	Frankfurter	Hot Dogs
Beef, lamb, Veal, Game meats	Hot dog	Hot Dogs
Beef, lamb, Veal, Game meats	Frankfurter	Hot Dogs
Beef, lamb, Veal, Game meats	Hot dog	Hot Dogs
Ham or pork	Hot dog	Hot Dogs
Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions	Hot dog	Hot Dogs
Unknown	Hot dog	Hot Dogs
Unknown	Hot dog, meatless	Hot Dogs
Popsicles, Ices, Frozen Fruit Bars, Sorbets, Slurpees, Smoothies	Creamsicle	Ice Crm, Sherbet, Tofu Desserts, Frz Dairy...

**LINKING FOOD CATEGORIES (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Popsicles, Ices, Frozen Fruit Bars, Sorbets, Slurpees, Smoothies	Dreamsicle	Ice Crm, Sherbet, Tofu Desserts, Frz Dairy...
Popsicles, Ices, Frozen Fruit Bars, Sorbets, Slurpees, Smoothies	Fudgesicle	Ice Crm, Sherbet, Tofu Desserts, Frz Dairy...
Popsicles, Ices, Frozen Fruit Bars, Sorbets, Slurpees, Smoothies	Ice cream bar (all types)	Ice Crm, Sherbet, Tofu Desserts, Frz Dairy...
Unknown	Baked Alaska	Ice Crm, Sherbet, Tofu Desserts, Frz Dairy...
Unknown	Frozen dairy dessert	Ice Crm, Sherbet, Tofu Desserts, Frz Dairy...
Unknown	Frozen yogurt	Ice Crm, Sherbet, Tofu Desserts, Frz Dairy...
Unknown	Ice cream	Ice Crm, Sherbet, Tofu Desserts, Frz Dairy...
Unknown	Sherbet	Ice Crm, Sherbet, Tofu Desserts, Frz Dairy...
Unknown	Sundae	Ice Crm, Sherbet, Tofu Desserts, Frz Dairy...
Unknown	Tofu dessert	Ice Crm, Sherbet, Tofu Desserts, Frz Dairy...
Unknown	Yes	Ice Crm, Sherbet, Tofu Desserts, Frz Dairy...
Cakes, Cupcakes, Snack Cakes	Baskin Robbins	Ice Crm, Sherbet, Tofu Desserts, Frz Dairy...
Cakes, Cupcakes, Snack Cakes	Carvel	Ice Crm, Sherbet, Tofu Desserts, Frz Dairy...
Cakes, Cupcakes, Snack Cakes	Dairy Queen	Ice Crm, Sherbet, Tofu Desserts, Frz Dairy...
Cakes, Cupcakes, Snack Cakes	Ice cream cake	Ice Crm, Sherbet, Tofu Desserts, Frz Dairy...
Cakes, Cupcakes, Snack Cakes	Viennetta	Ice Crm, Sherbet, Tofu Desserts, Frz Dairy...
Fruit, Berries	Fruit spreads	Jam, Jelly, Fruit Spreads
Unknown	Apple butter	Jam, Jelly, Fruit Spreads
Unknown	Bean paste	Jam, Jelly, Fruit Spreads
Unknown	Fruit spread	Jam, Jelly, Fruit Spreads
Unknown	Guava paste	Jam, Jelly, Fruit Spreads
Unknown	Jam	Jam, Jelly, Fruit Spreads
Unknown	Jelly	Jam, Jelly, Fruit Spreads
Mixed Dishes, Casseroles	Jambalaya	Jambalya
Unknown	Jambalaya	Jambalya
Dry baby cereal	Jarred	Jarred (Not dry) baby food
Jarred (Not Dry) Baby Foods	Dry baby cereal	Jarred (Not dry) baby food
Unknown	Dry baby cereal	Jarred (Not dry) baby food
Unknown	Baby food	Jarred (Not dry) baby food

**LINKING FOOD CATEGORIES (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Unknown	Jarred baby food	Jarred (Not dry) baby food
Unknown	Gelatin	Jello, Gelatin
Unknown	Jello	Jello, Gelatin
Beef, lamb, Veal, Game meats	Chipped beef	Jerky, dried meat
Beef, lamb, Veal, Game meats	Jerky	Jerky, dried meat
Beef, lamb, Veal, Game meats	Dried meat	Jerky, dried meat
Ham or pork	Dried meat	Jerky, dried meat
Unknown	Dried meat	Jerky, dried meat
Unknown	Jerky	Jerky, dried meat
Unknown	Baby juice	Juice, Baby food
Unknown	Juice	Juices (100%), Drinks, Ades
Unknown	Juice drink	Juices (100%), Drinks, Ades
Unknown	Mistic juice beverage, any flavor	Juices (100%), Drinks, Ades
Unknown	Mistic Lemonade	Juices (100%), Drinks, Ades
Unknown	Snapple Lemonade	Juices (100%), Drinks, Ades
Unknown	Snapple, any flavor	Juices (100%), Drinks, Ades
Unknown	Pop	Juices (100%), Drinks, Ades
Unknown	Soda	Juices (100%), Drinks, Ades
Unknown	Soft drink	Juices (100%), Drinks, Ades
Unknown	Fruit ade	Juices (100%), Drinks, Ades
Unknown	Fruit punch	Juices (100%), Drinks, Ades
Unknown	Lasagna	Lasagna
Beef, lamb, Veal, Game meats	Organ meats	Liver, organ meats
Poultry	Giblets	Liver, organ meats
Poultry	Gizzards	Liver, organ meats
Poultry	Heart	Liver, organ meats
Poultry	Liver	Liver, organ meats
Unknown	Chitterlings	Liver, organ meats
Unknown	Hog maws (stomach)	Liver, organ meats
Unknown	Liver	Liver, organ meats
Unknown	Organ meat	Liver, organ meats

**LINKING FOOD CATEGORIES (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Sugar	Low calorie sweetener	Low cal sweeteners, Sugar Substitutes
Sugar	Sugar substitute	Low cal sweeteners, Sugar Substitutes
Unknown	Low calorie sweetener	Low cal sweeteners, Sugar Substitutes
Unknown	Sugar substitute	Low cal sweeteners, Sugar Substitutes
Unknown	Sweetener	Low cal sweeteners, Sugar Substitutes
Unknown	Lunchables	Lunchables
Unknown	Pak-a-lunch	Lunchables
Unknown	Tastefuls	Lunchables
Mixed Dishes, Casseroles	Macaroni and cheese	Mac and cheese
Pasta: Noodles, Macaroni	Macaroni and cheese	Mac and cheese
Unknown	Macaroni and cheese	Mac and cheese
Unknown	Meat alternate	Meat sub, Meat alt, Veg and/or "Meatless" ver
Unknown	Meatless entree	Meat sub, Meat alt, Veg and/or "Meatless" ver
Unknown	Seitan	Meat sub, Meat alt, Veg and/or "Meatless" ver
Unknown	Soyburger	Meat sub, Meat alt, Veg and/or "Meatless" ver
Unknown	Tempeh	Meat sub, Meat alt, Veg and/or "Meatless" ver
Unknown	TVP, Textured vegetable protein	Meat sub, Meat alt, Veg and/or "Meatless" ver
Unknown	Vegetarian entree	Meat sub, Meat alt, Veg and/or "Meatless" ver
Unknown	Vegetarian meat substitute	Meat sub, Meat alt, Veg and/or "Meatless" ver
Beef, lamb, Veal, Game meats	Meatballs	Meatloaf, Meatballs
Beef, lamb, Veal, Game meats	Meatloaf	Meatloaf, Meatballs
Beef, lamb, Veal, Game meats	Meatballs	Meatloaf, Meatballs
Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions	Bean loaf	Meatloaf, Meatballs
Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions	Dinner loaf	Meatloaf, Meatballs
Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions	Meatloaf	Meatloaf, Meatballs
Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions	Rice loaf	Meatloaf, Meatballs
Poultry	Meat loaf	Meatloaf, Meatballs
Poultry	Meatball	Meatloaf, Meatballs

**LINKING FOOD CATEGORIES (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Unknown	Meatball	Meatloaf, Meatballs
Unknown	Meatloaf	Meatloaf, Meatballs
Unknown	Porcupine balls	Meatloaf, Meatballs
Cream, Creamers, Whipped Toppings	Milk	Milk
Unknown	Kefir milk	Milk
Unknown	Milk	Milk
Unknown	Milk drink	Milk
Flavored Milk Drinks	Orange Julius, all flavors	Milk Shakes
Ice cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt	Baskin Robbins Blast	Milk Shakes
Ice cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt	Baskin Robbins Freeze	Milk Shakes
Ice cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt	Baskin Robbins Frozen Tornado	Milk Shakes
Ice cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt	Dairy Queen Blizzard	Milk Shakes
Ice cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt	Dairy Queen Breeze	Milk Shakes
Ice cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt	McDonalds McFlurry	Milk Shakes
Ice cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt	Milky Way Shake	Milk Shakes
Ice cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt	TCBY Fruit Blender	Milk Shakes
Ice cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt	TCBY Shiver	Milk Shakes
Ice cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt	Wendy's Frosty Dairy Dessert	Milk Shakes
Unknown	Milk shake	Milk Shakes
Unknown	Smoothie	Milk Shakes
Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions	Swiss steak	Mixed Dishes, Casseroles

**LINKING FOOD CATEGORIES (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions	Yes, Mixed dish	Mixed Dishes, Casseroles
Pasta: Noodles, Macaroni	Casserole	Mixed Dishes, Casseroles
Pasta: Noodles, Macaroni	Mixed dish	Mixed Dishes, Casseroles
Poultry	Stuffed chicken	Mixed Dishes, Casseroles
Unknown	Arroz con pollo	Mixed Dishes, Casseroles
Unknown	Asopao de gandules	Mixed Dishes, Casseroles
Unknown	Casserole	Mixed Dishes, Casseroles
Unknown	Manapua	Mixed Dishes, Casseroles
Unknown	Mixed dish	Mixed Dishes, Casseroles
Unknown	Moussaka	Mixed Dishes, Casseroles
Unknown	Paella	Mixed Dishes, Casseroles
Unknown	Tabbouleh	Mixed Dishes, Casseroles
Unknown	Tembleque	Mixed Dishes, Casseroles
Unknown	Yaki Soba	Mixed Dishes, Casseroles
Coffee, Specialty Coffees	Coffee Royale	Nonalc/Alcoholic Beer, Wine, Cocktails, Liq
Coffee, Specialty Coffees	Irish coffee	Nonalc/Alcoholic Beer, Wine, Cocktails, Liq
Juices (100%), Drinks, Ades	Alcoholic punch	Nonalc/Alcoholic Beer, Wine, Cocktails, Liq
Juices (100%), Drinks, Ades	Planter's punch	Nonalc/Alcoholic Beer, Wine, Cocktails, Liq
Unknown	Alcoholic cocktail	Nonalc/Alcoholic Beer, Wine, Cocktails, Liq
Unknown	Alcoholic coffee drink	Nonalc/Alcoholic Beer, Wine, Cocktails, Liq
Unknown	Alcoholic mixed drink	Nonalc/Alcoholic Beer, Wine, Cocktails, Liq
Unknown	Alcoholic punch	Nonalc/Alcoholic Beer, Wine, Cocktails, Liq
Unknown	Beer	Nonalc/Alcoholic Beer, Wine, Cocktails, Liq
Unknown	Coconut beverage (alcoholic)	Nonalc/Alcoholic Beer, Wine, Cocktails, Liq
Unknown	Hard liquor	Nonalc/Alcoholic Beer, Wine, Cocktails, Liq
Unknown	Liqueur (cordial)	Nonalc/Alcoholic Beer, Wine, Cocktails, Liq
Unknown	Mimosa	Nonalc/Alcoholic Beer, Wine, Cocktails, Liq
Unknown	Nonalcoholic beer	Nonalc/Alcoholic Beer, Wine, Cocktails, Liq
Unknown	Planter's punch	Nonalc/Alcoholic Beer, Wine, Cocktails, Liq
Unknown	Saki Japanese wine	Nonalc/Alcoholic Beer, Wine, Cocktails, Liq

**LINKING FOOD CATEGORIES (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Unknown	Wine	Nonalc/Alcoholic Beer, Wine, Cocktails, Liq
Unknown	Mixture of nuts and seeds	Nuts, Seeds, and Mixtures of Nuts and Seeds
Unknown	Nuts	Nuts, Seeds, and Mixtures of Nuts and Seeds
Unknown	Pignolias	Nuts, Seeds, and Mixtures of Nuts and Seeds
Unknown	Seeds	Nuts, Seeds, and Mixtures of Nuts and Seeds
Unknown	Olives	Olives
Fish, Shellfish	Crab salad	Other salads
Fish, Shellfish	Crab salad	Other salads
Fruit, Berries	Ambrosia	Other salads
Fruit, Berries	Fruit salad	Other salads
Green salad	Antipasto	Other salads
Green salad	Carrot Salad	Other salads
Green salad	Carrot-raisin Salad	Other salads
Green salad	Cucumber Salad	Other salads
Green salad	Fruit Salad	Other salads
Green salad	Gelatin/Jello Salad	Other salads
Green salad	Not greens based salad	Other salads
Green salad	Taco Salad	Other salads
Green salad	Three-bean, 3-bean Salad	Other salads
Green salad	Tomato Salad	Other salads
Pasta: Noodles, Macaroni	Salad	Other salads
Unknown	Fruit salad	Other salads
Unknown	Macaroni salad	Other salads
Unknown	Meat mixture salad	Other salads
Unknown	Pasta salad	Other salads
Unknown	Potato salad	Other salads
Unknown	Somen salad	Other salads
Unknown	Taco salad	Other salads
Unknown	Tostado salad	Other salads
White potatoes	Potato salad	Other salads
Unknown	Flapjack	Pancakes/Flapjacks

**LINKING FOOD CATEGORIES (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Unknown	Norwegian lefse	Pancakes/Flapjacks
Unknown	Pancake	Pancakes/Flapjacks
Spaghetti Sauce	No	Pasta:Noodles, Macaroni
Unknown	Couscous	Pasta:Noodles, Macaroni
Unknown	Macaroni	Pasta:Noodles, Macaroni
Unknown	Noodles	Pasta:Noodles, Macaroni
Unknown	Pasta	Pasta:Noodles, Macaroni
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Peanut butter	PB sandwich, PBJ Sandwich
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Peanut butter and banana	PB sandwich, PBJ Sandwich
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Peanut butter and jelly	PB sandwich, PBJ Sandwich
Unknown	Peanut butter and jelly sandwich	PB sandwich, PBJ Sandwich
Unknown	Peanut butter sandwich	PB sandwich, PBJ Sandwich
Unknown	Fried pickles	Pickles, Fried Pickles
Unknown	Pickles	Pickles, Fried Pickles
Cakes, Cupcakes, Snack Cakes	Pie	Pie, Tarts
Cakes, Cupcakes, Snack Cakes	Tastykake Pies, apple	Pie, Tarts
Cakes, Cupcakes, Snack Cakes	Tastykake Pies, blueberry	Pie, Tarts
Cakes, Cupcakes, Snack Cakes	Tastykake Pies, cherry	Pie, Tarts
Cakes, Cupcakes, Snack Cakes	Tastykake Pies, coconut creme	Pie, Tarts
Cakes, Cupcakes, Snack Cakes	Tastykake Pies, lemon	Pie, Tarts
Cakes, Cupcakes, Snack Cakes	Tastykake Pies, peach	Pie, Tarts
Cakes, Cupcakes, Snack Cakes	Tastykake Pies, pineapple cheese	Pie, Tarts
Cakes, Cupcakes, Snack Cakes	Tastykake Pies, Tasty Clairs	Pie, Tarts
Unknown	Pie	Pie, Tarts
Unknown	Tart	Pie, Tarts
Unknown	Bagel bites	Pizza, Pizza Roll, Bagel Bites
Unknown	Pizza	Pizza, Pizza Roll, Bagel Bites
Unknown	Pizza roll	Pizza, Pizza Roll, Bagel Bites
Unknown	Popcorn	Popcorn

**LINKING FOOD CATEGORIES (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Ice cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt	Sorbet	Pops, Ices, Frz Fruit Bars, Sorbets, Slurpees...
Unknown	Frozen fruit bar	Pops, Ices, Frz Fruit Bars, Sorbets, Slurpees...
Unknown	Icee	Pops, Ices, Frz Fruit Bars, Sorbets, Slurpees...
Unknown	Popsicle	Pops, Ices, Frz Fruit Bars, Sorbets, Slurpees...
Unknown	Slurpee	Pops, Ices, Frz Fruit Bars, Sorbets, Slurpees...
Unknown	Sorbet	Pops, Ices, Frz Fruit Bars, Sorbets, Slurpees...
Mixed Dishes, Casseroles	Greek meat pie	Pot pie
Mixed Dishes, Casseroles	Greek spinach pie	Pot pie
Mixed Dishes, Casseroles	Hamburger pie	Pot pie
Mixed Dishes, Casseroles	Oyster pie	Pot pie
Mixed Dishes, Casseroles	Pot pie	Pot pie
Mixed Dishes, Casseroles	Sirloin burger pie	Pot pie
Mixed Dishes, Casseroles	Spanakopitta	Pot pie
Mixed Dishes, Casseroles	Spinach pie	Pot pie
Pies, Tarts	Pot Pie	Pot pie
Unknown	Pot pie	Pot pie
Beef, lamb, Veal, Game meats	Chicken	Poultry
Beef, lamb, Veal, Game meats	Duck	Poultry
Beef, lamb, Veal, Game meats	Emu	Poultry
Beef, lamb, Veal, Game meats	Ostrich	Poultry
Beef, lamb, Veal, Game meats	Turkey	Poultry
Beef, lamb, Veal, Game meats	Chicken	Poultry
Beef, lamb, Veal, Game meats	Poultry	Poultry
Beef, lamb, Veal, Game meats	Turkey	Poultry
Ham or pork	Chicken	Poultry
Unknown	Poultry	Poultry
Unknown	Meal replacement beverage/drink	Pwd Bkfst drink, Meal Replace, Protein Supp
Unknown	Powdered breakfast drink	Pwd Bkfst drink, Meal Replace, Protein Supp
Unknown	Protein supplement beverage	Pwd Bkfst drink, Meal Replace, Protein Supp
Unknown	Pretzels	Pretzels

**LINKING FOOD CATEGORIES (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Condiments, Sauce, Salsa	Custard sauce	Pudding
Fruit, Berries	Fruit whip	Pudding
Unknown	Firni Indian dessert	Pudding
Unknown	Flan	Pudding
Unknown	Mousse	Pudding
Unknown	Pudding	Pudding
Unknown	Tiramisu dessert	Pudding
Mixed Dishes, Casseroles	Quiche	Quiche
Unknown	Quiche	Quiche
Mixed Dishes, Casseroles	Cannelloni	Ravioli, Tortellini, Manicotti, Cannelloni...
Mixed Dishes, Casseroles	Fettuccini Alfredo	Ravioli, Tortellini, Manicotti, Cannelloni...
Mixed Dishes, Casseroles	Manicotti	Ravioli, Tortellini, Manicotti, Cannelloni...
Mixed Dishes, Casseroles	Noodles Romanoff	Ravioli, Tortellini, Manicotti, Cannelloni...
Mixed Dishes, Casseroles	Ravioli	Ravioli, Tortellini, Manicotti, Cannelloni...
Mixed Dishes, Casseroles	Stuffed pasta	Ravioli, Tortellini, Manicotti, Cannelloni...
Mixed Dishes, Casseroles	Stuffed shells	Ravioli, Tortellini, Manicotti, Cannelloni...
Mixed Dishes, Casseroles	Tortellini	Ravioli, Tortellini, Manicotti, Cannelloni...
Pasta: Noodles, Macaroni	Canelloni	Ravioli, Tortellini, Manicotti, Cannelloni...
Pasta: Noodles, Macaroni	Fettucine Alfredo	Ravioli, Tortellini, Manicotti, Cannelloni...
Pasta: Noodles, Macaroni	Manicotti	Ravioli, Tortellini, Manicotti, Cannelloni...
Pasta: Noodles, Macaroni	Noodles Romanoff	Ravioli, Tortellini, Manicotti, Cannelloni...
Pasta: Noodles, Macaroni	Ravioli	Ravioli, Tortellini, Manicotti, Cannelloni...
Pasta: Noodles, Macaroni	Stuffed pasta	Ravioli, Tortellini, Manicotti, Cannelloni...
Pasta: Noodles, Macaroni	Stuffed shells	Ravioli, Tortellini, Manicotti, Cannelloni...
Pasta: Noodles, Macaroni	Tortellini	Ravioli, Tortellini, Manicotti, Cannelloni...
Unknown	Cannelloni	Ravioli, Tortellini, Manicotti, Cannelloni...
Unknown	Manicotti	Ravioli, Tortellini, Manicotti, Cannelloni...
Unknown	Ravioli	Ravioli, Tortellini, Manicotti, Cannelloni...
Unknown	Stuffed shells	Ravioli, Tortellini, Manicotti, Cannelloni...
Unknown	Tortellini	Ravioli, Tortellini, Manicotti, Cannelloni...
Mixed Dishes, Casseroles	Risotto	Rice

**LINKING FOOD CATEGORIES (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Unknown	Rice	Rice
Unknown	Risotto	Rice
Bread (Not Sweet)	Bagel	Rolls, Buns, Bagels, English Muffins
Bread (Not Sweet)	English muffin	Rolls, Buns, Bagels, English Muffins
Bread (Not Sweet)	Roll	Rolls, Buns, Bagels, English Muffins
Sweet Breads, Coffee Cakes, Sweet Rolls, pastries, Muffins...	Bagel	Rolls, Buns, Bagels, English Muffins
Sweet Breads, Coffee Cakes, Sweet Rolls, pastries, Muffins...	English muffin	Rolls, Buns, Bagels, English Muffins
Sweet Breads, Coffee Cakes, Sweet Rolls, pastries, Muffins...	English	Rolls, Buns, Bagels, English Muffins
Unknown	Bagel	Rolls, Buns, Bagels, English Muffins
Unknown	Bun	Rolls, Buns, Bagels, English Muffins
Unknown	English muffin	Rolls, Buns, Bagels, English Muffins
Unknown	Roll	Rolls, Buns, Bagels, English Muffins
Unknown	Cereal	RTE cereal
Unknown	Kashi cereal	RTE cereal
Unknown	Ready-to-eat cereal	RTE cereal
Unknown	Brummel and Brown Spread	Salad dressing, Mayonnaise
Unknown	Butter	Salad dressing, Mayonnaise
Unknown	Butter replacement	Salad dressing, Mayonnaise
Unknown	Margarine	Salad dressing, Mayonnaise
Unknown	Spread	Salad dressing, Mayonnaise
Unknown	Oil	Salad dressing, Mayonnaise
Unknown	Mayonnaise	Salad dressing, Mayonnaise
Unknown	Salad dressing	Salad dressing, Mayonnaise
Beef, lamb, Veal, Game meats	Sausage	Sausage
Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions	Sausage	Sausage
Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions	Sausage crumbles	Sausage
Unknown	Sausage	Sausage

**LINKING FOOD CATEGORIES (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Mixed Dishes, Casseroles	Shepherd's pie	Shepherd's pie
Pies, Tarts	Shepherd's	Shepherd's pie
Unknown	Shepherd's pie	Shepherd's pie
Juices (100%), Drinks, Ades	Carbonated flavored water	Sodas, Pop, Soft Drinks
Juices (100%), Drinks, Ades	Spring Water 'n Juice	Sodas, Pop, Soft Drinks
Unknown	Carbonated water	Sodas, Pop, Soft Drinks
Unknown	Flavored water	Sodas, Pop, Soft Drinks
Unknown	Mistic Sparkling Water Beverage	Sodas, Pop, Soft Drinks
Mixed Dishes, Casseroles	Souffle	Souffle
Unknown	Souffle	Souffle
Unknown	Menudo soup	Soup
Unknown	Miso soup	Soup
Unknown	Mondongo soup	Soup
Unknown	Soup	Soup
Unknown	Vietnamese Pho soup	Soup
Unknown	Sour cream	Sour cream
Condiments, Sauce, Salsa	Marinara sauce	Spaghetti Sauce
Condiments, Sauce, Salsa	Spaghetti sauce	Spaghetti Sauce
Gravy	Tomato sauce	Spaghetti Sauce
Unknown	Spaghetti sauce	Spaghetti Sauce
Pasta: Noodles, Macaroni	Spaghetti with sauce	Spagh, w/Sauce, w/Meatballs/sauce
Pasta: Noodles, Macaroni	With sauce	Spagh, w/Sauce, w/Meatballs/sauce
Unknown	Spaghetti	Spagh, w/Sauce, w/Meatballs/sauce
Unknown	Spaghetti with meatballs and sauce	Spagh, w/Sauce, w/Meatballs/sauce
Unknown	Spaghetti with sauce	Spagh, w/Sauce, w/Meatballs/sauce
Mixed Dishes, Casseroles	Goulash	Stews, Guisado, Goulash
Mixed Dishes, Casseroles	Guisada	Stews, Guisado, Goulash
Mixed Dishes, Casseroles	Stew	Stews, Guisado, Goulash
Soup	Beef stew	Stews, Guisado, Goulash
Soup	Chicken stew	Stews, Guisado, Goulash
Soup	Lamb/Mutton stew	Stews, Guisado, Goulash

**LINKING FOOD CATEGORIES (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Soup	Oyster stew	Stews, Guisado, Goulash
Soup	Pork stew	Stews, Guisado, Goulash
Soup	Seafood stew	Stews, Guisado, Goulash
Soup	Stew	Stews, Guisado, Goulash
Soup	Tripe stew	Stews, Guisado, Goulash
Soup	Turkey stew	Stews, Guisado, Goulash
Soup	Vegetable stew	Stews, Guisado, Goulash
Soup	Venison stew	Stews, Guisado, Goulash
Unknown	Goulash	Stews, Guisado, Goulash
Unknown	Guisado	Stews, Guisado, Goulash
Unknown	Stew	Stews, Guisado, Goulash
Mixed Dishes, Casseroles	Stuffed cabbage roll	Stuff cab/pepper/grape leaves, Chile rellenos
Mixed Dishes, Casseroles	Stuffed chile pepper	Stuff cab/pepper/grape leaves, Chile rellenos
Mixed Dishes, Casseroles	Stuffed grape leaves	Stuff cab/pepper/grape leaves, Chile rellenos
Mixed Dishes, Casseroles	Stuffed pepper	Stuff cab/pepper/grape leaves, Chile rellenos
Unknown	Chiles rellenos	Stuff cab/pepper/grape leaves, Chile rellenos
Unknown	Stuffed cabbage	Stuff cab/pepper/grape leaves, Chile rellenos
Unknown	Stuffed grape leaves	Stuff cab/pepper/grape leaves, Chile rellenos
Unknown	Stuffed peppers	Stuff cab/pepper/grape leaves, Chile rellenos
Unknown	Rice stuffing	Stuffing
Unknown	Sugar	Sugar
Fish, Shellfish	Sushi	Sushi
Mixed Dishes, Casseroles	Sashimi	Sushi
Mixed Dishes, Casseroles	Sushi	Sushi
Unknown	Sushi	Sushi
Bread (Not Sweet)	Croissant	Sweet brds, Coffee Cakes, Sweet Rolls....
Bread (Not Sweet)	Muffin	Sweet brds, Coffee Cakes, Sweet Rolls....
Bread (Not Sweet)	Sweet bread	Sweet brds, Coffee Cakes, Sweet Rolls....
Cakes, Cupcakes, Snack Cakes	Brownie	Sweet brds, Coffee Cakes, Sweet Rolls....
Cakes, Cupcakes, Snack Cakes	Little Debbie Coffee Cake	Sweet brds, Coffee Cakes, Sweet Rolls....
Cakes, Cupcakes, Snack Cakes	Little Debbie Honey Bun	Sweet brds, Coffee Cakes, Sweet Rolls....

**LINKING FOOD CATEGORIES (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Cakes, Cupcakes, Snack Cakes	Coffee cake	Sweet brds, Coffee Cakes, Sweet Rolls....
Cakes, Cupcakes, Snack Cakes	Honey bun	Sweet brds, Coffee Cakes, Sweet Rolls....
Cakes, Cupcakes, Snack Cakes	Little Debbie Banana Nut Muffin Loaves	Sweet brds, Coffee Cakes, Sweet Rolls....
Cakes, Cupcakes, Snack Cakes	Little Debbie Blueberry Muffin Loaves	Sweet brds, Coffee Cakes, Sweet Rolls....
Cakes, Cupcakes, Snack Cakes	Little Debbie Pecan Spinwheels	Sweet brds, Coffee Cakes, Sweet Rolls....
Cakes, Cupcakes, Snack Cakes	Pastry	Sweet brds, Coffee Cakes, Sweet Rolls....
Cakes, Cupcakes, Snack Cakes	Sweet roll	Sweet brds, Coffee Cakes, Sweet Rolls....
Cakes, Cupcakes, Snack Cakes	Tastykake Low Fat Koffee Kakes, Lemon, Raspberry and Apple (coffee cakes)	Sweet brds, Coffee Cakes, Sweet Rolls....
Rolls, Buns, Bagels, English Muffins	Caramel roll	Sweet brds, Coffee Cakes, Sweet Rolls....
Rolls, Buns, Bagels, English Muffins	Cinnabon	Sweet brds, Coffee Cakes, Sweet Rolls....
Rolls, Buns, Bagels, English Muffins	Cinnamon bun	Sweet brds, Coffee Cakes, Sweet Rolls....
Rolls, Buns, Bagels, English Muffins	Cinnamon raisin bun	Sweet brds, Coffee Cakes, Sweet Rolls....
Rolls, Buns, Bagels, English Muffins	Cinnamon roll	Sweet brds, Coffee Cakes, Sweet Rolls....
Rolls, Buns, Bagels, English Muffins	Croissant	Sweet brds, Coffee Cakes, Sweet Rolls....
Rolls, Buns, Bagels, English Muffins	Honey bun	Sweet brds, Coffee Cakes, Sweet Rolls....
Rolls, Buns, Bagels, English Muffins	Hot cross bun	Sweet brds, Coffee Cakes, Sweet Rolls....
Rolls, Buns, Bagels, English Muffins	Muffin	Sweet brds, Coffee Cakes, Sweet Rolls....
Rolls, Buns, Bagels, English Muffins	Sticky bun	Sweet brds, Coffee Cakes, Sweet Rolls....
Rolls, Buns, Bagels, English Muffins	Sweet bun	Sweet brds, Coffee Cakes, Sweet Rolls....
Rolls, Buns, Bagels, English Muffins	Sweet roll	Sweet brds, Coffee Cakes, Sweet Rolls....
Unknown	Babka	Sweet brds, Coffee Cakes, Sweet Rolls....
Unknown	Brioche	Sweet brds, Coffee Cakes, Sweet Rolls....
Unknown	Cannoli pastry, dessert	Sweet brds, Coffee Cakes, Sweet Rolls....
Unknown	Coffee cake	Sweet brds, Coffee Cakes, Sweet Rolls....
Unknown	Croissant	Sweet brds, Coffee Cakes, Sweet Rolls....
Unknown	Muffin	Sweet brds, Coffee Cakes, Sweet Rolls....
Unknown	Pan Dulce Mexican sweet bread	Sweet brds, Coffee Cakes, Sweet Rolls....
Unknown	Pastry	Sweet brds, Coffee Cakes, Sweet Rolls....
Unknown	Pop Tarts	Sweet brds, Coffee Cakes, Sweet Rolls....
Unknown	Sopaipilla	Sweet brds, Coffee Cakes, Sweet Rolls....

**LINKING FOOD CATEGORIES (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Unknown	Sweet bread	Sweet brds, Coffee Cakes, Sweet Rolls....
Unknown	Sweet roll	Sweet brds, Coffee Cakes, Sweet Rolls....
Unknown	Toaster pastry	Sweet brds, Coffee Cakes, Sweet Rolls....
Unknown	Toaster strudel	Sweet brds, Coffee Cakes, Sweet Rolls....
Mixed Dishes, Casseroles	Sweetpotato	Sweet potatoes
Stews, Guisado, Goulash	Sweetpotato	Sweet potatoes
Unknown	Sweet potato	Sweet potatoes
Unknown	Sweetpotato	Sweet potatoes
Unknown	Sweetpotato	Sweet potatoes
White potatoes	Sweetpotato	Sweet potatoes
Unknown	Pancake syrup	Syrups, Pancake syrups
Unknown	Syrup	Syrups, Pancake syrups
Mac and cheese	Frozen	Taco, Burrito, Enchil, Fajita, Quesad, Nacho..
Mixed Dishes, Casseroles	Chile rellenos	Taco, Burrito, Enchil, Fajita, Quesad, Nacho..
Mixed Dishes, Casseroles	Pupusas	Taco, Burrito, Enchil, Fajita, Quesad, Nacho..
Mixed Dishes, Casseroles	Tamale	Taco, Burrito, Enchil, Fajita, Quesad, Nacho..
Spaghetti Sauce	Frozen	Taco, Burrito, Enchil, Fajita, Quesad, Nacho..
Tortillas, Taco Shells, Gordita Shells, Sope Shells, Chalupa Shells	Yes	Taco, Burrito, Enchil, Fajita, Quesad, Nacho..
Unknown	Burrito	Taco, Burrito, Enchil, Fajita, Quesad, Nacho..
Unknown	Chalupa	Taco, Burrito, Enchil, Fajita, Quesad, Nacho..
Unknown	Chilaquile	Taco, Burrito, Enchil, Fajita, Quesad, Nacho..
Unknown	Chimichanga	Taco, Burrito, Enchil, Fajita, Quesad, Nacho..
Unknown	Enchilada	Taco, Burrito, Enchil, Fajita, Quesad, Nacho..
Unknown	Fajitas	Taco, Burrito, Enchil, Fajita, Quesad, Nacho..
Unknown	Flauta	Taco, Burrito, Enchil, Fajita, Quesad, Nacho..
Unknown	Gordita	Taco, Burrito, Enchil, Fajita, Quesad, Nacho..
Unknown	Nachos	Taco, Burrito, Enchil, Fajita, Quesad, Nacho..
Unknown	Pupusa	Taco, Burrito, Enchil, Fajita, Quesad, Nacho..
Unknown	Quesadilla	Taco, Burrito, Enchil, Fajita, Quesad, Nacho..
Unknown	Sope	Taco, Burrito, Enchil, Fajita, Quesad, Nacho..

**LINKING FOOD CATEGORIES (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Unknown	Taco	Taco, Burrito, Enchil, Fajita, Quesad, Nacho..
Unknown	Taquito	Taco, Burrito, Enchil, Fajita, Quesad, Nacho..
Unknown	Frozen dinner	Taco, Burrito, Enchil, Fajita, Quesad, Nacho..
Unknown	Frozen entree	Taco, Burrito, Enchil, Fajita, Quesad, Nacho..
Unknown	Frozen main dish	Taco, Burrito, Enchil, Fajita, Quesad, Nacho..
Unknown	Frozen meal	Taco, Burrito, Enchil, Fajita, Quesad, Nacho..
Juices (100%), Drinks, Ades	Iced tea	Tea, Hot & Iced
Unknown	Corn tea	Tea, Hot & Iced
Unknown	Mistic Iced Tea	Tea, Hot & Iced
Unknown	Snapple Iced Tea	Tea, Hot & Iced
Unknown	Tea	Tea, Hot & Iced
Mixed Dishes, Casseroles	Tempura	Tempura
Unknown	Tempura	Tempura
Unknown	Chalupa shell	Tortillas, Taco/Gordita/Sope/Chalupa Shells
Unknown	Gordita shell	Tortillas, Taco/Gordita/Sope/Chalupa Shells
Unknown	Sope shell	Tortillas, Taco/Gordita/Sope/Chalupa Shells
Unknown	Taco shell	Tortillas, Taco/Gordita/Sope/Chalupa Shells
Unknown	Tortilla	Tortillas, Taco/Gordita/Sope/Chalupa Shells
Nuts, Seeds, and Mixtures of Nuts and Seeds	Gorp	Trail and Snack Mix
Nuts, Seeds, and Mixtures of Nuts and Seeds	Mixture of nuts, seeds, and dried fruit	Trail and Snack Mix
Nuts, Seeds, and Mixtures of Nuts and Seeds	Trail Mix	Trail and Snack Mix
Unknown	Trail and snack mix	Trail and Snack Mix
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Bean burger	Veg Sand, Veggie Burger, Garden Burger.....
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Bean loaf	Veg Sand, Veggie Burger, Garden Burger.....
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Better'n burger	Veg Sand, Veggie Burger, Garden Burger.....
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Boca burger	Veg Sand, Veggie Burger, Garden Burger.....
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Chik patty	Veg Sand, Veggie Burger, Garden Burger.....

**LINKING FOOD CATEGORIES (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	ChikStik	Veg Sand, Veggie Burger, Garden Burger.....
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	CrispyChik patty	Veg Sand, Veggie Burger, Garden Burger.....
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Cucumber	Veg Sand, Veggie Burger, Garden Burger.....
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Dinner loaf	Veg Sand, Veggie Burger, Garden Burger.....
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	FriChik	Veg Sand, Veggie Burger, Garden Burger.....
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	FriPat	Veg Sand, Veggie Burger, Garden Burger.....
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Garden grille	Veg Sand, Veggie Burger, Garden Burger.....
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Garden hamburger	Veg Sand, Veggie Burger, Garden Burger.....
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Garden vegan	Veg Sand, Veggie Burger, Garden Burger.....
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Garden veggie patty	Veg Sand, Veggie Burger, Garden Burger.....
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Gardenburger	Veg Sand, Veggie Burger, Garden Burger.....
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Griller	Veg Sand, Veggie Burger, Garden Burger.....
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Harvest burger	Veg Sand, Veggie Burger, Garden Burger.....
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Lentil rice loaf	Veg Sand, Veggie Burger, Garden Burger.....
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Okara patty	Veg Sand, Veggie Burger, Garden Burger.....
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Redi-burger	Veg Sand, Veggie Burger, Garden Burger.....

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**LINKING FOOD CATEGORIES (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Soyburger	Veg Sand, Veggie Burger, Garden Burger.....
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Tomato	Veg Sand, Veggie Burger, Garden Burger.....
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Vegan burger	Veg Sand, Veggie Burger, Garden Burger.....
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Vegetable	Veg Sand, Veggie Burger, Garden Burger.....
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Vegetarian	Veg Sand, Veggie Burger, Garden Burger.....
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Vegetarian burger	Veg Sand, Veggie Burger, Garden Burger.....
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Veggie burger	Veg Sand, Veggie Burger, Garden Burger.....
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Veggie patty	Veg Sand, Veggie Burger, Garden Burger.....
Unknown	Arugula	Vegetables, Dry Beans
Unknown	Bean curd	Vegetables, Dry Beans
Unknown	Cactus	Vegetables, Dry Beans
Unknown	Calabaza	Vegetables, Dry Beans
Unknown	Cassava	Vegetables, Dry Beans
Unknown	Chinese melon	Vegetables, Dry Beans
Unknown	Dry beans	Vegetables, Dry Beans
Unknown	Falafil	Vegetables, Dry Beans
Unknown	Jicama	Vegetables, Dry Beans
Unknown	Kelp	Vegetables, Dry Beans
Unknown	Kim Chee	Vegetables, Dry Beans
Unknown	Lotus root	Vegetables, Dry Beans
Unknown	Miso soybean paste	Vegetables, Dry Beans
Unknown	Natto	Vegetables, Dry Beans
Unknown	Radicchio	Vegetables, Dry Beans
Unknown	Sea moss	Vegetables, Dry Beans

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<b>LINKING FOOD CATEGORIES (continued)</b>		
<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Unknown	Seaweed	Vegetables, Dry Beans
Unknown	Soybean cake	Vegetables, Dry Beans
Unknown	Soybean curd	Vegetables, Dry Beans
Unknown	Succotash	Vegetables, Dry Beans
Unknown	Taro leaves	Vegetables, Dry Beans
Unknown	Tofu	Vegetables, Dry Beans
Unknown	Vegetable	Vegetables, Dry Beans
Unknown	Vegetable sticks	Vegetables, Dry Beans
Unknown	Yuca blanca	Vegetables, Dry Beans
Hamburger on Bun or Bread (Not Fast Food)	Garden vegetable burger	Veg Sand, Veggie Burger, Garden Burger.....
Hamburger on Bun or Bread (Not Fast Food)	Harvest burger	Veg Sand, Veggie Burger, Garden Burger.....
Hamburger on Bun or Bread (Not Fast Food)	Soyburger	Veg Sand, Veggie Burger, Garden Burger.....
Hamburger on Bun or Bread (Not Fast Food)	Spicy black bean burger	Veg Sand, Veggie Burger, Garden Burger.....
Hamburger on Bun or Bread (Not Fast Food)	Vegetarian burger	Veg Sand, Veggie Burger, Garden Burger.....
Hamburger on Bun or Bread (Not Fast Food)	Garden vegetable burger	Veg Sand, Veggie Burger, Garden Burger.....
Hamburger on Bun or Bread (Not Fast Food)	Harvest burger	Veg Sand, Veggie Burger, Garden Burger.....
Hamburger on Bun or Bread (Not Fast Food)	Soyburger	Veg Sand, Veggie Burger, Garden Burger.....
Hamburger on Bun or Bread (Not Fast Food)	Spicy black bean burger	Veg Sand, Veggie Burger, Garden Burger.....
Hamburger on Bun or Bread (Not Fast Food)	TVP	Veg Sand, Veggie Burger, Garden Burger.....
Hamburger on Bun or Bread (Not Fast Food)	Vegetarian burger	Veg Sand, Veggie Burger, Garden Burger.....
Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions	Yes, Sandwich	Veg Sand, Veggie Burger, Garden Burger.....
Unknown	Garden burger	Veg Sand, Veggie Burger, Garden Burger.....
Unknown	Meat substitute sandwich	Veg Sand, Veggie Burger, Garden Burger.....
Unknown	Tomato sandwich	Veg Sand, Veggie Burger, Garden Burger.....
Unknown	Vegetarian sandwich	Veg Sand, Veggie Burger, Garden Burger.....
Unknown	Veggie burger	Veg Sand, Veggie Burger, Garden Burger.....
Unknown	Waffles	Waffles
Unknown	French toast	Waffles
Sodas, Pop, Soft Drinks	Club soda	Water
Sodas, Pop, Soft Drinks	Perrier	Water

**LINKING FOOD CATEGORIES (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Sodas, Pop, Soft Drinks	Seltzer water	Water
Sodas, Pop, Soft Drinks	Tonic water	Water
French Fries, Tater Tots	Home fries	White Potatoes
Mixed Dishes, Casseroles	Potato(es)	White Potatoes
Stews, Guisado, Goulash	Potato(es)	White Potatoes
Unknown	White potato	White Potatoes
Unknown	Potato(es)	White Potatoes
Unknown	Potato(es)	White Potatoes
Unknown	Yogurt	Yogurt

## Appendix C

### Responses Included Under Food Source Codes

## APPENDIX C

### RESPONSES INCLUDED UNDER FOOD SOURCE CODES

1. STORE:

- Liquor store
- Beer store
- Ice cream store
- State store
- Gift shop
- Company store
- Food/beverage sample from store
- Outlet store
- WIC (purchased at store with vouchers)
- Orchard (no other information)

2. RESTAURANT WITH WAITER/WAITRESS SERVICE:

- Hotel (include room service, exclude gift shop)
- Lodge

3. RESTAURANT FAST FOOD/ PIZZA:

- Drive-thru

6. CAFETERIA NOT AT SCHOOL:

- Work cafeteria
- Hospital cafeteria
- College or university cafeteria

7. CAFETERIA AT SCHOOL:

- Head start

8. CHILD CARE CENTER:

Day camp

Day care

1. SOUP KITCHEN, SHELTER, FOOD PANTRY:

Salvation Army

Food bank

Goodwill

Flood/ earthquake relief

12. COMMUNITY FOOD PROGRAM – OTHER:

Senior center

WIC (from WIC office)

15. COMMON COFFEE POT OR SNACK TRAY:

Community coffee pot

16. FROM SOMEONE ELSE/ GIFT:

- Relative (include aunt, grandparent, mother-in-law, etc.)
- Neighbor
- Friend
- Someone else's home
- Gift
- Babysitter
- Co-worker
- Free from work
- Party
- Picnic/ barbecue
- Wedding/ reception
- Meeting

17. MAIL ORDER PURCHASE:

- Amway
- Home delivery
- Schwan's food service/ truck
- Catalog

18. RESIDENTIAL DINING FACILITY:

- Base dining hall
- Nursing home

19. GROWN OR CAUGHT BY YOU OR SOMEONE YOU KNOW:

- Grown/picked/hunted wild
- Picked from own farm

91. OTHER, SPECIFY:

- Movie theatre
- Concession stand
- Circus

Bowling alley  
Ice rink  
Sporting event  
Mobile catering/ catering truck  
Vendor  
Coffee cart/ espresso cart  
Fair/ carnival  
Girl Scout /Boy Scout  
Hospital (no other info)  
Work (no other info)  
Airplane  
Church  
Mall  
Carry out (no other info)  
WIC (no other info)

# Appendix D

## Food Glossary

**APPENDIX D**  
**FOOD GLOSSARY**

**Hispanic Foods**  
**(Mexican, Cuban, Puerto Rican, Latin And South American)**

Aceite de cartamo –safflower oil.

Acelga – Swiss chard.

Achiote – Dark red seeds from the annatto tree; used for coloring and flavor.

Achiotina – Lard and flour.

Agua de coco – Coconut water.

Agua de melon – juice made from fresh melon.

Agua de pina – juice made from fresh pineapple.

Agua de tamarindo – jice made from fresh tamarind.

Aguacate – Avocado.

Ají dulce – Sweet chili peppers.

Ají Relleno – Stuffed green peppers.

Ajiaco – A kind of stew made with Cuban root vegetables, corn, malanga, yuca, name, pork and dried beef.

Albondigas – A Cuban and Mexican dish of meatballs in tomato sauce.

Albondigon a la Mexicana – Mexican meatloaf.

Alcapurrias – Tannier (malanga, yautia) fritter stuffed with beef and ham.

Alfajores santa fecinos – Frosted caramel-filled cookies.

Almejas – Clams.

Alubias – A kind of stew; made with kidney beans cooked with different kinds of sausage, flavored with olive oil, garlic and onions.

Amarillo – Yellow, ripe plantain.

Angulas – Salt water baby eel.

Anon – Sugar apple.

Apio Arrachaha – Root of a tropical plant with a celery-like flavor.

Arepa/Arepita - Colombian and Venezuelan cornbread bun, baked or cooked on a griddle.

Arepitas – Corn meal and cheese pancakes or fritters.

Arroz blanco – Rice cooked with lard and salt.

Arroz con gandules – Rice dish cooked with lard and pigeon peas.

Arroz con leche – Mexican rice pudding cooked with cinnamon, sugar and milk; raisins optional.

Arroz con pollo – A casserole made with rice and chicken.

Asado antiguo a la venezolana mechado – Larded beef pot roast with capers.

Asopao – Soupy flavorful rice with slightly fried chicken or seafood, especially crabmeat.

Atole – Gruel-like beverage with cinnamon, sugar, milk and/or water; may be prepared from corn, rice or oatmeal.

Atole de pinole – Mexican toasted ground corn, sugar, and cinnamon.

Avena – Oatmeal.

Bacalao/Bacalaito - Puerto Rican codfish fritter.

Barbacoa – Barbecued lamb.

Barbacoa estilo Mexicano – Mexican barbecued meat dish; made with beef, goat or lamb, bell peppers, garlic, chili powder, cloves, thyme, marjoram, cumin, cinnamon, pepper, bay leaves, and oregano.

Batata mameya, glaci – Glazed sweet potato.

Batida – A milkshake (or blenderized beverage) consisting of fruit, milk, and sugar.

Berberechos – Type of clam.

Berenjena – Eggplant.

Berro – Watercress.

Berza – Collard greens used as an ingredient in bean soup.

Besitos de novia – Rum and syrup soaked small cakes.

Bien me sabe – Coconut cream custard; usually served on sponge cake.

Bistec al horno – Beef steak, baked or broiled.

Bistec de palomilla – Top round sliced thin with the grain.

Bistec de palomilla empanizado – Top-round steak, sliced thin with the grain, breaded in eggs and cracker meal, and fried.

Bistec de rinonada – Rib eye steak.

Bistec en cazuela – Steak cooked in wine sauce.

Bizcocho al revés – Upside-down cake.

Bizcocho de guineo – Banana cake.

Bizcocho de nevera – Icebox cake.

Biznaga – Candied cactus; used as an ingredient in desserts or eaten as a candy (acitrón).

Boliche/Bolicho mechado – Eye round stuffed with ham or sausage (chorizo).

Bolillo - Mexican bobbin-shaped yeast-bread roll.

Bolis – frozen flavored ice – similar to Flavor-Ice.

Boniatillo – Dessert made from white sweet potato.

Boniato – White sweet potato.

Bonito – Fish, used as tuna fish.

Brazo gitano – Jelly roll. Cuban is baked with corned beef filling.

Buñuelo – Round pastry deep-fried and sprinkled with sugar.

Burrito - A flour tortilla folded and rolled to completely enclose a savory filling including shredded or chopped meat, refried beans, grated cheese, etc.

Cabro en fricase – Goat, fricasse.

Cajeta – A caramel-like sweet, traditionally made with a portion of goat's milk and sugar.

Calabacitas a la Mexicana – Mexican summer squash dish made with zucchini, lean pork, potatoes, corn, onions, garlic, bell pepper, salt and pepper.

Calabaza – Pumpkin or Puerto Rican variety of squash.

Calamares – Squid.

- Caldo de arroz con pollo – Mexican chicken rice soup made with cooked chicken, rice, tomatoes, onions, seasonings, diced carrots and celery.
- Caldo de frijoles – Mexican bean soup made with dried pinto or black beans; seasoned with ham shank or fried bacon.
- Caldo de pollo – chicken soup made with vegetables (potatoes and carrots).
- Caldo de res – Beef soup made with vegetables.
- Caldo gallego – Spanish broth made with white beans, turnips, collard greens, potatoes and ham bone.
- Camarones con huevo – Mexican shrimp with egg or “torta de camorones”.
- Camote – Sweet potato.
- Campechana – Oval-shaped puff of pastry with shiny, caramelized top.
- Caña – Sugar cane.
- Capirotada I – Bread pudding using bolillos (small yeast rolls); the bread is fried and contains piloncillo (unrefined dark brown sugar). See below.
- Capirotada II – Bread pudding made with repeated layers of bread and seedless raisins, peanuts, Monterey Jack cheese, brown sugar and butter.
- Carambola – Star fruit; when opened gives the appearance of a “star”.
- Carey guisado – Turtle meat stew.
- Carne adobada – Mexican marinated and dried meat.
- Carne asada – Mexican beef cooked over a charcoal fire.
- Carne con chile colorado – Mexican beef in red chili sauce.
- Carne con papas – Meat and potato stew.
- Carne de puerco con chile verde – Pork with green chili sauce.
- Carne empanizada – Meat, breaded and fried.
- Carne guisada - Mexican beef stew with or without potatoes, made with gravy or tomato sauce.
- Carne mechada – Meat, stuffed and stewed.
- Carne molida – Hamburger.
- Carnero – Lamb.

Carnitas – Fried pork or beef usually made with fried pork scraps which are pre-fried; served with tortillas, chili sauce and guacamole. May also refer to a dish of little pieces of browned pork.

Casabe – Bread made from yuca meal.

Cazon – Sharks' fin

Cazuela – Pudding made with pumpkin.

Cecina – Name given to thin strips of dried meat or jerky; may also translate as corned beef.

Chalupa – Tortilla formed in shape of a little boat and filled with various ingredients such as shredded pork, beef, poultry, tomatoes, onion, or cheese.

Champurrado – Gruel-like beverage (usually cornmeal) with cinnamon, sugar, milk, and flavored with chocolate; type of atole.

Charales – Tiny river or lake fish.

Chayote – Squash-like fruit, pale green in color and shaped like a pear; also known as “vegetable pear,” mirliton,” and “christophine.”

Chicharron – Crisp, fried pork skin.

Chicos – Sweet corn dried on the cob.

Chilaquiles – A casserole made of cut up tortillas and red or green chile sauce; also may contain cheese, meat or chicken.

Chiles rellenos - Green chile peppers stuffed with Monterey Jack cheese, hard boiled eggs or meat, dipped in flour and egg batter, fried until golden brown on both sides; often served with tomato sauce.

Chili con carne - Dish of diced or ground meat seasoned with chilies, originated in Texas.

Chili con queso – Chile with cheese; prepared with green chile peppers, Monterey Jack cheese, tomatoes, onions, and butter.

Chimichanga – Deep fried flour tortilla stuffed with minced beef or chicken, potatoes, and seasonings.

Chocolate con leche – Chocolate, sugar, cinnamon and spices in milk.

Chongos – A dessert made from cooked sweetened milk curds.

Chorizo – A Spanish sausage with many variations but always including pork and pimienta.

Churros – Twisted doughnuts; made with flour, water, sugar, eggs, butter and salt; fried in deep fat.

Cocido – Beef stew made with soup bones, bone marrow or beef ribs, and fresh vegetables in season, such as potatoes, celery, carrots, cabbage, spinach leaves, corn on the cob, green beans, stewed or fresh tomatoes, zucchini, onions and garlic.

Codfish fritter, Puerto Rican style - Fritter made with cod, flour, seasonings and deep fried.

Dulce de leche – A soft brown candy made with boiled milk and sugar.

Empanada – Fried turnover pastry of Spanish origin; may either be a sweet turnover filled with fruits, vegetables, or pudding, or a meat turnover filled with chopped meat, hard cooked eggs, mushrooms and/or cooked vegetables.

Enchilada - Mexican corn pancake stuffed with chili pepper, ground meat, or cheese and tomato salad.

Escabeche – Prepared in a light pickling solution

Fajitas - Mexican dish of strips of meat and/or vegetables marinated in lime juice, oil and chili peppers, stir-fried and served as a filling for soft tacos.

Falda – Skirt or flank steak.

Fideo – Vermicelli.

Flan – Custard with caramel sauce.

Flautas – Tightly rolled (usually corn) tortillas; filled with chicken or beef, then fried.

Gandinga – Stew made of organs, especially pork liver and heart, and vegetables.

Garnachas – Small fried tortillas; covered with ground beans, chili sauce, bits of chicken, meat or crumbled sausage, and lettuce.

Genip – Tropical American fruit, also known as a “Spanish lime;” yellow, sweet, edible fruit.

Gorda/Gordita – A small fried and garnished tortilla; may be topped with refried beans, shredded chicken, lettuce, and onion. May also be referred to as “sopes”.

Guacamole – Mashed avocado mixed with finely chopped chile pepper, tomato and onion.

Guarapo – Sugar cane beverage.

Hallaca - Venezuelan corn meal dish similar to a tamale with meat filling with raisins, olives, tomatoes, green peppers, and chopped onions.

Horchata – A refreshing, milky-looking drink, traditionally made from ground rice, ground dried melon seeds or almonds.

Huachinango – Red snapper.

Huevos rancheros – Mexican dish of fried eggs set on tortillas and covered with a tomato-and-chile pepper sauce.

Jícama – A white, sweetish, juicy bulb; it is sliced and eaten in salads or with lemon or chile. Similar in texture to a water chestnut.

Licuado – A beverage made with fruit, milk and sugar. There are two types:

Licuado with egg or Quik; fruit milk and sugar with egg or Quik added.

Limonada – Juice made with Mexican limes.

Majarete/manjar blanco – Rice flour and cream pudding; most often called blancmange.

Maizena – cornstarch cooked with milk.

Masa – The dough made of dried corn kernels boiled with unslaked lime; used for making tortillas.

Maté – Sweetened beverage made with dried green leaves.

Mazapan – Marzipan – a type of candy that crumbles when handled; ingred: wheat flour, peanuts, sugar, corn syrup, cocoa butter, cocoa, goat's milk, milk, soybean oil, sunflower oil

Menudo soup - A hot, spicy Mexican soup made with tripe, calves feet, chiles, hominy and seasoning, served with hot tortillas.

Milanesa – Chicken fried steak or chicken fried chicken.

Mixiotes – Parchment-like skin stripped from the outside of the maguey leaf; also name given to packages of seasoned meat cooked in the maguey “parchment”.

Mole Poblano – Highly flavored sauce made from a paste of chiles, nuts, chocolate, and other ingredients; prepared both homemade and commercially.

Mole rojo – Cooked sauce usually prepared with red tomatoes, red chiles, herbs and spices.

Mole verde – Cooked sauce usually prepared with green tomatoes, sprigs of fresh coriander, green chiles, pumpkin seeds or nuts; may contain other ingredients.

Mondongo soup - Spicy hot soup made with tripe, plantains, and chili peppers, popular in Honduras, Costa Rica, and the Dominican Republic.

Morong/Morcilla – Blood sausage.

Nachos bean - A crisp tortilla chip topped with refried beans, melted cheese and chopped chiles.

Nopales – The tender paddle-shaped leaves of the nopal cactus, eaten as a cooked vegetable; may be purchased or canned.

- Ojo – Mexican pastry with circular shape; flaky pastry around the outside and spongecake in the middle.
- Paella – Yellow rice mixed dish which may be made with fish, shellfish, chicken, pork, chorizo, peas and/or pimientos.
- Pan dulce - Mexican sweet, flat, yeast-risen buns with cinnamon topping.
- Pastel de tres leche – Cake made with regular milk, evaporated milk, and condensed milk.
- Pastelillo de carne - Mexican meat-filled pastry.
- Pastelillo de queso - Mexican cheese-filled pastry.
- Pastelon de carne - sweet plantain baked with meat, popular in the Dominican Republic.
- Pepitas – Hulled unsalted pumpkin seeds or squash seeds.
- Picadillo – Minced meat stew of the Southwest whose name is taken from the Spanish word for hash; mix of ground or shredded meat and other ingredients, used as a stuffing also.
- Pico de gallo – A fresh vegetable salsa prepared with tomatoes, onions, cilantro, serrano chiles and lime juice.
- Piloncillo – A cone of dark brown unrefined sugar with a strong molasses flavor, also called “panocha”.
- Pim – Round cake of tortilla dough and lard baked on a griddle.
- Pinacbet – A mixed dish that includes eggplant, tomatoes, green pepper, and bitter melon.
- Pinole – A sweetened and toasted corn flour sometimes eaten dry as dessert.
- Pipián – A sauce made of ground pumpkin seeds, nuts, spices and chiles.
- Plantaina – A type of banana, green or ripe which needs cooking to be edible.
- Plátano – May either translate as banana or plantain; to differentiate, probe “para cocinar o no?” or “platáno macho o no?”
- Polvorones – Shortbread cookie.
- Pozole - A thick, hearty Mexican soup with pork (or chicken), hominy, onions and dry chiles and fresh vegetables added at the table, traditionally served at Christmas.
- Pre-preparado – Spanish translation of self-basting.
- Pulque – A milky white fermented drink made from aguamiel, the liquid from the maguey cactus.
- Quanimes – Boiled cornmeal sticks.

Quesadilla - A flour tortilla filled with a savor mixture, which can include cheese, cooked meat, refried beans, then folded in half and toasted under a broiler or fried.

Queso Añejo – This “aged” cheese is white and crumbly, often very dry ad salty, rather resembling a dry feta. The color ranges from creamy to pale-yellow with an orange outer coating of paprika.

Queso Asadero – A cheese similar to mozzarella.

Queso Chihuahua – A milk, spongy, semi-soft, pale-yellow cheese.

Queso Cotija – An aged cheese similar to queso añejo.

Queso de Oaxaca – A light stringy cheese often served as an appetizer. Also called “quesillo”.

Queso flameado – Mexican version of swiss cheese fondue; also known as “queso fundido” or “queso asado.”

Queso fresco – A soft, moist, white crumbly cheese made from cow’s milk with a mild, slightly sour flavor.

Queso manchego – A popular Spanish cheese made from cow’s milk.

Queso panela – Mexican native ranch-style cheese, which resembles cottage cheese.

Rajas de chiles – Strips of peeled roasted green chiles; used in cooking.

Recado coloardo – A paste of achiote and seasonings, such as pepper, cloves, cumin, garlic, oregano, salt, and vinegar. Also known as “adobo de achiote” or “recado rojo.”

Red Mexican beans cooked - Mexican dish of beans cooked with lard, onions, and seasoning.

Refried beans (frijoles refritos) - A Mexican dish of cooked red beans or pinto beans, mashed and fried in lard.

Rompopo – A Mexican eggnog, made of eggs, milk, cinnamon and sugar, and spiked with rum.

Ropa vieja – Shredded flank steak, seasoned with onions, green pepper, wine, garlic, and other seasonings.

Rosca de los reyes – A ring-shaped sweet bread with a tiny favor baked inside; traditionally served on January 6.

Saladito – A dried plum covered with salt.

Salpicón – Cold shredded meat salad; prepared with flank steak, potatoes, olive oil, onion, and seasoning, garnished with avocado, lettuce leaves, tomato, and onion.

Salsa - Mexican word for 'sauce', may be cooked or raw, mild to extremely hot.

Salsa de chile rojo – Red chile sauce; cooked sauce usually consisting of tomatoes, chile ancho, onions, oil, and seasonings.

Salsa verde – The primary ingredients are green tomatoes, onions, and serano chile; may be blenderized or mashed by hand. There are many varieties of green chile sauce, cooked or raw, and with or without the onions and tomatoes.

Sangría – A refreshing drink, consisting of mixed citrus juices, to which red wine and chopped fruit have been added.

Sofrito – Basic sauce of tomato, onion, green pepper, vinegar, garlic, oil, salt and pepper.

Sopa - Spanish word for 'soup'.

Sopa de Albondigas - Beef broth soup with meatballs and chopped vegetables

Sopa de arroz – Mexican rice.

Sopa de carne y fideos - Same as sopa seca de fideo but also includes meat.

Sopa seca de arroz (dry rice soup) - Mexican dish based on rice combined with tomatoes, onions and garlic, cooked in broth until all liquid is absorbed, thus 'dry soup'.

Sopa Seca de Fideo (dry noodle soup) - Same as above, but made with vermicelli.

Sopaipilla – Deep-fried fritter usually served with honey; resembles a pillow.

Sope – A small fried and garnished tortilla.

Surullos/Surullitos – Cornmeal sticks.

Taco - A crisp, fried folded Mexican tortilla that can be filled with various mixtures of meat, vegetables, and cheese.

Taco sauce - A fresh or cooked tomato-based sauce served on tacos, may be mild to very hot.

Tamal in a leaf - A small Mexican dish of cornmeal dough and filling wrapped in a banana leaf.

Tamale - A small Mexican package of cornmeal dough and filling wrapped in a corn husk and steamed. The sweet version contains dried fruit and nuts and sometimes cream cheese and egg.

Tamarindo – Generic candy that can be hard, soft, chewy, with sugar, sour, or liquid.

Tembleque - Puerto Rican desert made with coconut milk, cornstarch , sugar and vanilla.

Tomatillos – Small, firm green tomatoes commonly used for sauces; covered with a paper-like husk which is removed before cooking.

Tortilla - A Mexican flat pancake made from corn or wheat flour, used as a wrapper for a variety of fillings. Other Hispanics may use “tortilla” to mean “omelet”.

Tostadas – Toasted tortillas; fried until golden brown and topped with refried beans, meat, lettuce, tomatoes, and cheese.

Tostones – Green plantain, fried and flattened with added fat.

Totopos – Small, triangular pieces of crisp-fried tortilla; frequently used to adorn frijoles and to scoop up guacamole or other food.

Traditional liquado: A blend of fruit, milk and sugar.

Verdolagas – Purslane; a ground creeper, with small oval, fleshy leaves that are mid-green in color and fleshy.

## **Other Ethnic Foods**

Babka – A light sweet yeast cake/bread containing raisings; often glazed and flavored with rum; often an Easter treat made in a fluted tube pan.

Bialy – Jewish-American baked roll sprinkled with onion flakes.

Bean Cake - Chinese red bean paste in dough wrapper, fried in oil.

Beef ka pow - Thai stir-fried diced beef with vegetables and peanuts.

Bierock - German baked bun of yeast flour dough made with lard, stuffed with cabbage, onion, and meat.

Black Bean Sauce - A Chinese sauce made from black beans, soy sauce and seasonings.

Burdock – Wild thistle-like plant; young leaf stems used in salads; in Japan called “gobo”.

Calzone - A Neopolitan yeast turnover filled with meat, mozzarella cheese, spinach and garlic., fried or baked.

Canoli – Italian type pastry; fried shell stuffed with sweetened ricotta cheese.

Cappuccino – Traditional beverage of Italy consisting of dark coffee served with a foamy head of milk or cream.

Chicken ka pow - Thai stir-fried diced chicken with vegetables and peanuts.

Chicken Somlaw soup

Chinese roll - Roll filled with bean paste, pork, or other filling, baked or steamed.

Chop suey - Stir-fried dish with vegetables, flavored with soy sauce and garlic, served over rice.

Chow mein - Stir-fried dish with vegetables, flavored with soy sauce and garlic, served over crispy noodles.

Chow sum shin - Chinese sliced beef, chicken and shrimp with broccoli, straw mushrooms and bamboo shoots.

Cioppino – Seafood-type stew; may contain a variety of fish/shellfish and vegetables, such as tomatoes, onions, carrots, and celery.

Crab Rangoon - Chinese appetizer of crab meat (may also contain cream cheese) wrapped in a wonton skin and deep fried.

Dim Sum - A variety of small dishes such as steamed or fried dumplings served from carts in Chinese restaurants or tea houses.

Duck Soup - Chinese soup made by simmering the bones of a cooked duck with tofu or transparent noodles.

Egg roll - A mixture of vegetables (and meat or shrimp) wrapped in a thin noodle-like wrapper that is deep fried.

Egg foo young - Chinese dish made with beaten egg, bean sprouts, and chopped onion, served with a brown sauce.

Felafil - Middle Eastern specialty of small, deep-fried balls of highly spiced ground chickpeas, usually served in a pita or as an appetizer with a tahini-based sauce.

Fettucine - Italian pasta cut in 1/4" wide strips.

Fried Rice - A Chinese dish made by stir-frying cooked rice with a small amounts of vegetables (and meat) and seasonings. The following types of fried rice are included:

Funnel cake – Pennsylvania Dutch deep-fried pastry made from batter dripped through a funnel, then served with sugar or maple syrup.

Gai yad sai - Thai dish of breast of chicken stuffed with crabmeat, fried with vegetables and spicy wine sauce.

Gai yang - Thai dish of marinated, grilled chicken breast served with spicy tamarind sauce.

Gang gai - Thai curried chicken with bamboo shoots and basil leaves.

General Tsaos chicken - Chunks of battered and deep fried chicken with a thickened sauce, seasoned with dried hot chilies.

Gnocchi - Small Italian dumplings made from semolina flour (or mashed potatoes and regular flour), eggs and Parmesan cheese.

Goong sapparos - Thai dish of shrimp, cashews, pineapple, scallions and asparagus with brown sauce.

Halva - Middle Eastern candy made with sesame seeds, also may be flavored with chocolate.

Hoi jow - Thai appetizer of crabmeat and chicken wrapped with bean curd skin, deep-fried and served with a sweet sauce.

Hot and Sour Soup - A thick Chinese soup made with strips of pork and a variety of vegetables, seasoned with white pepper and vinegar.

Hummus - A Middle Eastern dip made from pureed garbanzo beans, olive oil, garlic and tahini.

Jai Monk's food – Lotus, ginger root, tofu, water chestnuts, and oriental mushrooms.

Kadayif – Similar in ingredients to baklava.

Kai bi - Thai sweet and sour beef.

Kao pad - Thai fried rice with beef, chicken, pork, shrimp, or crabmeat.

Kao pad pak - Thai dish of vegetables stir-fried with fried rice.

Kasha - A Russian or Polish dish made from boiled cereal, often buckwheat or barley.

Kielbasa – A Polish pork sausage (sometimes containing beef or veal) seasoned with garlic, smoked and pre-cooked, and sold in long links.

Kee mao - Thai fried shrimp and/or squid in hot spicy curry sauce.

Kimchi - Korean pickled cabbage or other vegetables, with red chilies.

Kishke - A Jewish-American sausage made with ground meat and Matzo meal.

Knish - A pastry of Jewish origin consisting of a piece of dough encasing a filling of mashed potatoes, cheese, ground meat and buckwheat groats.

Kreplach - Jewish small noodle dumplings filled with chopped meat or cheese and simmered in a broth or as part of a soup.

Kung pao chicken - Szechwan dish of chunks of chicken and peanuts seasoned with garlic and hot a chili peppers.

Kung pao shrimp - Szechwan dish of chunks of shrimp and peanuts seasoned with garlic and hot a chili peppers.

Latke – Jewish potato pancake.

Lebkuchen – Cookie made with eggs, sugar, flour, cinnamon, nuts, and citron; frosted with confectioners sugar.

- Lemon grass soup - Thai soup made with coconut milk flavored with lemon grass.
- Lo mein - A Chinese dish of boiled noodles combined with stir-fried vegetables (and meat) coated with stir-fry sauce.
- Lumpia - A mixture of meats and vegetables wrapped in a spring roll or egg roll wrapper. May be raw (and wrapped in a lettuce leaf) or deep-fried.
- Manapua - Chinese raised buns made of yeast dough stuffed with spiced roast pork.
- Matzo ball (knaidel) - Small round dumplings made with matzo meal, egg and chicken fat, usually cooked and served in chicken soup.
- Miso soup - Japanese soup made with miso, a fermented soybean paste.
- Mortadella – Sausage that usually consists of pork, garlic and seasonings.
- Mo Yang - Thai dish of marinated grilled pork served with spicy tamarind sauce.
- Moo goo gai pan - Chinese dish of chicken, mushrooms, snow peas (and other vegetables) in a light colored sauce flavored with garlic and sherry
- Moo shi - A stir-fried Chinese dish containing shredded vegetables (and meat), tiger lily buds, wood ears, egg and seasonings, served with thin pancake wrappers.
- Nok tod - Thai marinated quail, roasted and served with cashews, asparagus and oyster sauce
- Nua sub - Thai rice noodles topped with minced beef, onions, tomatoes, and mushrooms with curry sauce.
- Nua Yang - Thai dish of marinated, grilled steak served with spicy tamarind sauce.
- Pad thai - Thai stir-fried rice noodles with shrimp, bean sprouts, tofu, fish sauce, and peanuts.
- Pad thai pak - Thai noodles stir-fried with assorted vegetables, bean curd and crushed peanuts, egg optional.
- Pan woon sen - Thai national noodles stir-fried with shrimp, pork, mushrooms and vegetables, served with rice.
- Panang gai - Thai dish of sliced chicken, curried peanut sauce, basil and lime leaves
- Panang tofu - Thai dish of fried tofu simmered with curried peanut sauce, basil and lime leaves.
- Panzerotti - Italian dish of vegetables, several cheeses, and sauce (pepperoni optional), wrapped in yeast dough and fried or baked.
- Pattaya seafood - Thai dish of shrimp, squid, scallions and clams in chili sauce with scallions, mushrooms and basil leaves

Pho Bo - Vietnamese beef soup with noodles.

Pierogi - A Polish half-moon shaped noodle dumpling filled with pork, potatoes, cheese, mushrooms or cabbage. After being cooked in boiling water, they may be sautéed in butter.

Piroshki - A small Russian turnover consisting of a pastry wrapping which is filled with meat, seafood, cheese or mushrooms then baked or fried and served as hors d'oeuvres.

Plato Arabe (Kibby) - A Middle Eastern dish combining ground meat and seasonings, which may be served raw or cooked.

Poi – Staple of the Hawaiian diet consisting of a pastry preparation of taro, breadfruit, sweet potato, or banana.

Pork ka pow - Thai stir-fried diced pork with vegetables and peanuts.

Pot Sticker - A wonton skin, stuffed with meat and pan-fried until crispy.

Pu num - Thia fried soft shell crabs with one of several sauces.

Quiche Lorraine - A savory tart with a custard (egg-based) filling. May also contain fish, meat, poultry and/or vegetable.

Red beans and rice - A spicy Louisiana dish of kidney beans, ham, onions and seasoning served over rice.

Risotto - An Italian rice dish made with arborio rice, may be flavored with cheese, mushrooms and/or fish.

Samosa - A fried Indian pastry filled with potatoes and vegetables, served as an appetizer.

San shein soup - Shrimp, chicken, mushrooms and snow peas in a clear broth with sizzling rice.

Sashimi - A Japanese hors d'oeuvre of raw fish served with a dipping sauce and wasabi (horseradish paste).

Satay - Thai appetizer of skewered chicken or pork, marinated and grilles on a skewer, served with peanut sauce and cucumber relish.

Satsuma – A fruit similar to the tangerine in taste and appearance, with loose, smooth skin and pale orange flesh.

Scrapple – Pork-containing recipe similar to goetta except with cornmeal instead of oats.

Seafood Ka Pow - - Thai stir-fried seafood with vegetables and peanuts.

Shui-mai - A small stuffed steamed Chinese dumpling containing pork and shrimp.

Soka lamb curry - Thai dish of slices of lamb cooked in hot curry sauce with potatoes, peas and cherry tomatoes.

- Souse – Pieces of pork meat in vinegar-spiked gelatin base to which dill pickles, sweet red peppers, and bay leaves are sometimes added.
- Spanakopitta - A layered Greek dish made of feta cheese, spinach and filo pastry.
- Spring roll, Chinese - A mixture of vegetables (and meat or shrimp) wrapped in a thin noodle-like wrapper that is deep fried.
- Spring roll, Thai - A mixture of vegetables, cellophane noodles and shrimp wrapped in rice paper and served uncooked with a dipping sauce
- Steamed bun - A Chinese flour dough wrapped around any of a variety of fillings including barbecued pork or sweet bean paste.
- Steamed dumplings - Chinese dumplings made with wonton skin or other dough, filled with meat, vegetables and/or seafood.
- Stromboli - A Philadelphia specialty, a sandwich of cheese and pepperoni wrapped in pizza dough.
- Sushi - A Japanese specialty of circles or rectangles of boiled rice flavored with sweet vinegar and wrapped with a wide range of ingredients such as seaweed, sliced vegetables and cooked egg.
- Sweet and sour chicken - Chinese dish of battered, deep fried chunks of chicken, pineapple, green peppers, tomatoes (other vegetables optional) in a thickened sauce.
- Sweet and sour pork - Chinese dish of battered, deep fried chunks of pork, pineapple, green peppers, tomatoes (other vegetables optional) in a thickened sauce.
- Szechuan beef - Pieces of beef in a thickened sauce flavored with Szechuan peppercorns.
- Szechuan chicken- Pieces of chicken in a thickened sauce flavored with Szechuan peppercorns.
- Talay pow - Thai dish of assorted seafood grilled and served with chili-fish sauce.
- Teriyaki sauce - Japanese sweetened soy sauce.
- Tiramisu - An Italian dessert made with ladyfingers, Mascarpone cheese, sugar and chocolate.
- Tod mun koong - Thai minced shrimp deep-fried with light bread crumbs, served with sweet sauce.
- Tofu - Ground soybeans, boiled in water, strained and coagulated with salt or acid.
- Tom ka gai - Thai chicken and coconut milk soup.
- Tom yum goong - Thai hot and sour soup made with lemon grass, straw mushroom, and shrimp.
- Tonkatsu - Japanese dish of port cutlet or chicken served on rice.
- Transparent noodles - Oriental noodles made from rice, bean or other starch.

Wonton - A Chinese noodle with a meat or vegetable filling which can be fried or poached in a clear soup.

Yaki Soba - Japanese stir-fried wheat noodles with onion, cabbage, bean sprouts and choice of meat (chicken, beef, pork or shrimp) with plum sauce.

## Appendix E

### List of Acceptable Abbreviations

## APPENDIX E

### LIST OF ACCEPTABLE ABBREVIATIONS

#### Measuring Abbreviations

Bottle	Bot	Package	pkg
Cup	C	Pint	Pt
Diameter	Dia	Pound	LB
Extra Large	Xlrg	Quart	Qt
Fluid ounce	FO	Regular	Reg
Gallon	Gal	Small	Sm
Height	H	Tablespoon	TB
Inches	In	Teaspoon	TS
Large	Lrg	Thickness	Th
Length	L	Weight	Wt
Medium	Med	Weight ounce	WO
Miniature	Mini	Width	W

#### Food Item Abbreviations

Barbecue	Bbq	Margarine	Marg
Beverage	Bev	Mayonnaise	Mayo
Casserole	Cass	Mineral	Min
Cereal	Cer	Mozzarella	Mozz
Chicken	Chic	Orange juice	Oj
Coffee	Cof	Peanut butter	Pb
Cottage cheese	Cott ch	Peanut butter & jelly sandwich	Pbj
Crackers	Crac	Sauce	Sau
Cream cheese	Cr ch	Spaghetti	Spag
Decaffeinated	Decaf	Substitute	Subst
Dinner	Din	Supper	Sup
French fries	Ffries	Tomato	Tom
Grapefruit	Grpf	Vitamin	Vit
Juice	Jc	Vegetables	Veg
Lettuce	Lett	Water	Wat
Lunch	Lun	Whole wheat	Wh wh
Macaroni	Mac		

### Descriptive Abbreviations

Additions	Adds	Low fat	Lf
Amount	Amt	Natural	Natl
Baby food	Bf	Occasion	Occ
Baked	Bkd	Other	Oth
Breakfast	Bfast	Package	Pkg
Calorie	Cal	Piece(s)	Pc(s)
Canned	Can	Powdered	Pwd
Carbonated	Carb	Preparation	Prep
Cholesterol	Chol	Presliced	Presl
Chopped	Chpd	Presweetened	Preswt
Commercial	Comml	Processed	Proc
Concentrate	Conc	Reduced	Red
Cooked	Ckd	Regular	Reg
Cooking	Ckg	Rectangular	Rect
Directions	Dir	Same as	Sa
Don't know	Dk	Served	Svd
Fast food place	Ffplace	Serving	Svg
Fat free	Ff	Size	Sz
Frozen	Frz	Slice(s)	Sl(s)
Ground	Grd	Square	Sq
Including	Incl	Sweetened	Swt
Ingredients	Ingred	With	W/
Low calorie	Low cal	Without	Wo/

## Appendix F

### MEC Subsystem Overview



## **MEC Subsystem Overview**



**National Health and Nutrition Examination Survey**

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# MEC Network & Coordinator Overview

## Network Overview

The illustration below depicts how the MEC subsystems are connected to the FO and HO to supply the SP data necessary to conduct the multitude of examinations. The Field Office manages the Interview Teams that conduct the footwork of identifying and gathering detailed data on prospective SPs and transmits the information to the FO and HO for processing. This information is stored in databases and retrieved by the MEC subsystems in preparation for examinations. The results of FO surveys and MEC examinations are collected, analyzed, and prepared for dissemination in various forms for public, research, and examination participants.

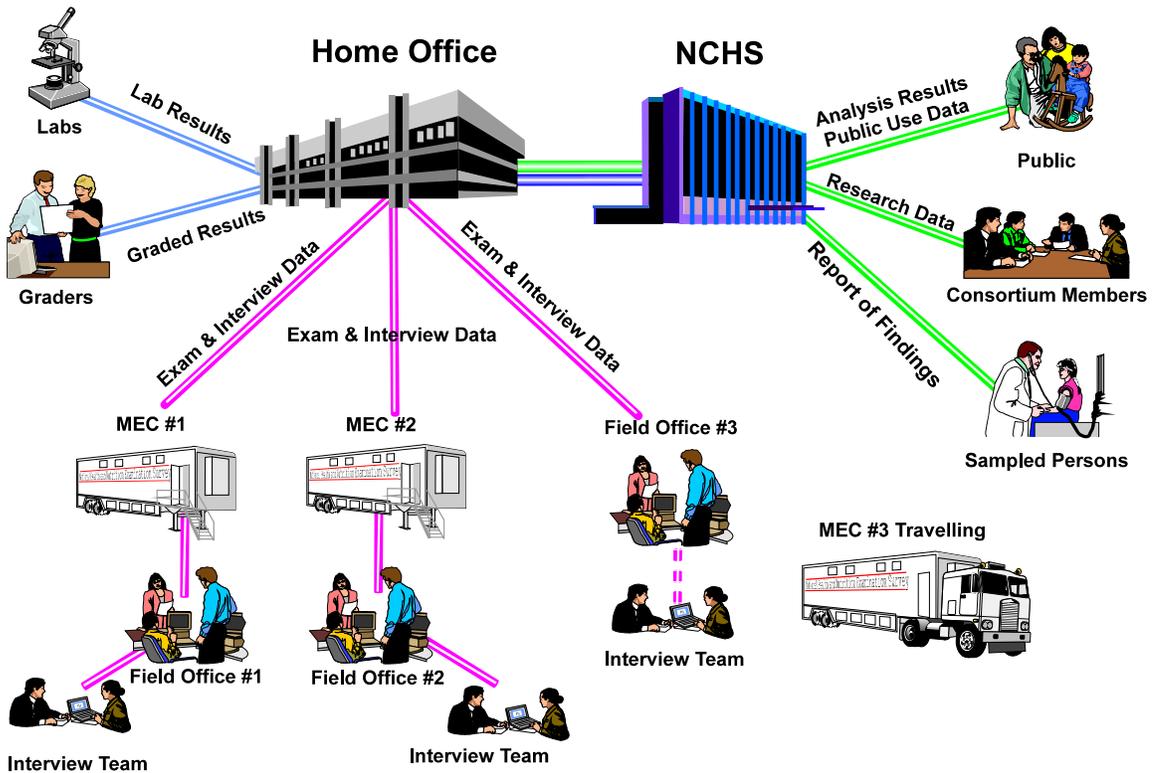


Figure 1: NHANES Network Connectivity

Each ISIS workstation is integral component of a sophisticated network that links the MEC workstations together with utility and database servers, and the Home Office. Continual status communications between the workstations and the Coordinator station enable orchestration of activities and personnel flow.

A simplified Intranet schematic is illustrated below:

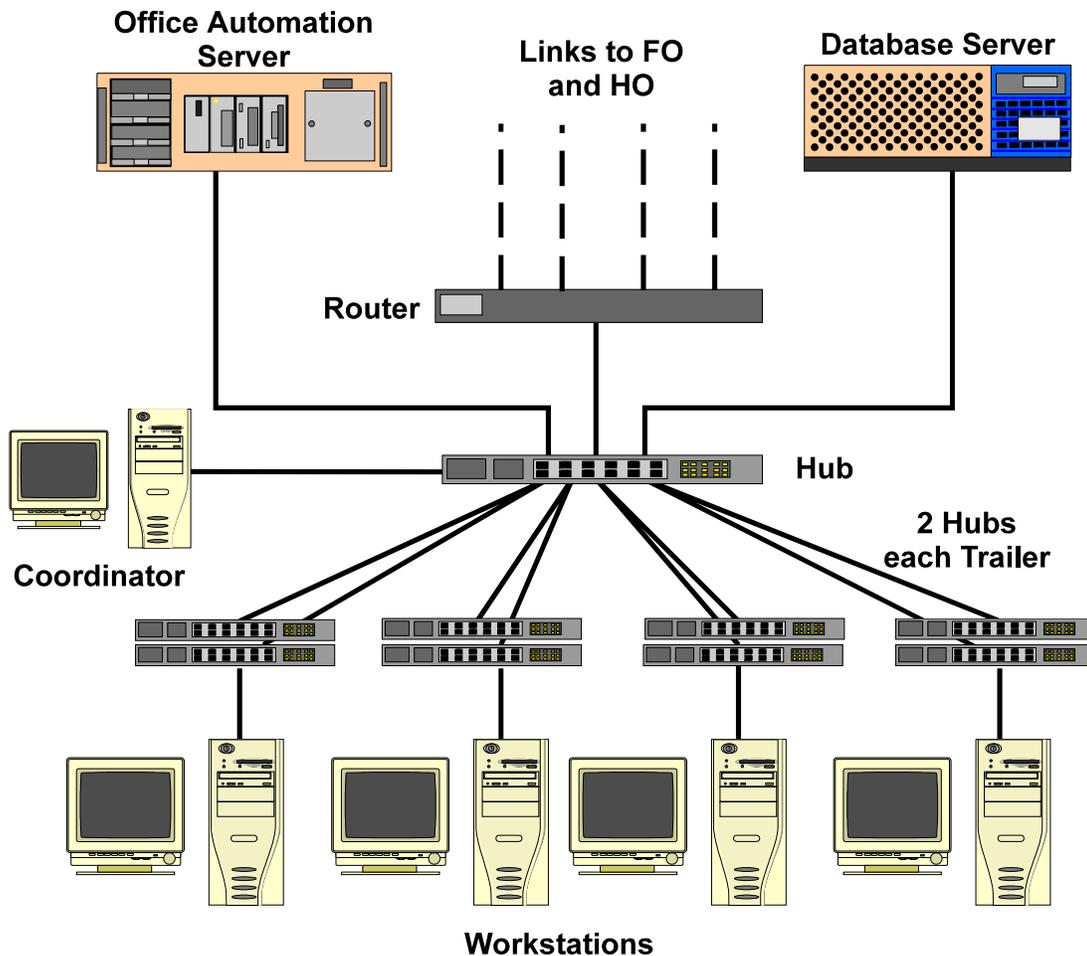


Figure 2: Network Connectivity Scheme

Each workstation connects to both the office automation server (NT Server) and the database server (Sybase) through a series of hubs. These hubs connect the servers and workstations (operating on Windows NT) within the MEC trailers to form part of the ISIS system. The MEC network communicates with both the Field Office (FO) and Home Office (HO) using primary and backup data links. The data links synchronize operational activities and transfer examination and other data as scheduled.

### MEC Coordinator

The MEC Coordinator subsystem is designed to efficiently orchestrate the flow of Sample Persons (SPs) throughout the MEC examination process. Continual interaction between each workstation and the Coordinator enables smooth passing of SPs from one workstation to another. Each component examination program automatically transmits the status of the examination to the Coordinator to assist in synchronizing the next component assignment. Exams cannot be performed without specific assignment of a technician and an SP.

The MEC Coordinator subsystem receives appointments scheduled by the Field Office's Appointment Management subsystem. The Coordinator subsystem determines the appropriate examination program, called a 'profile', based on gender and age at the time of the Household Interview.



### **Assigning an SP to an Exam**

After check-in and after completion of individual examinations, the MEC Coordinator assigns the SP to new components. Assignments are based on a list of the SP's remaining required exams, available examiners, and available exam components.

Examiners are notified by a system-generated message when an SP is assigned to their component. When the examination is complete, the Coordinator system advises the examiner of the SP's next component for the SP.

### **System Blocking and Exclusions**

Specified examinations are “blocked” or excluded for SP assignment or continuation of an examination due to medical, SP non-consent, or safety considerations. Some examinations become “unblocked” when medical conditions are verified, such as a negative pregnancy test result from the lab.

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# MEC Workstation

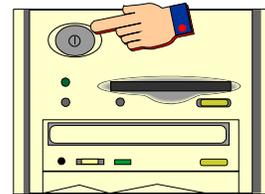
## Workstation Startup

The workstation startup procedures are rarely necessary since the workstations will remain powered and running the Windows NT operating systems for the stand duration. However, at times the workstation must be completely shutdown and restarted to resolve connectivity and other operating issues.

In the event that you must startup a workstation, follow these simple procedures:

 **To Startup the Workstation:**

- Locate and press the power button as shown on the right;
- Then turn on the monitor.



 **To Turn On the Monitor:**

- Locate and press the power button as shown.
- A small green light located near the power button will light if the monitor's power line is connected.



## The MEC Desktop

After workstation startup, the MEC desktop appears. The desktop is specially tailored to support the specific MEC examination or station. An illustration of the desktop and components are shown below.

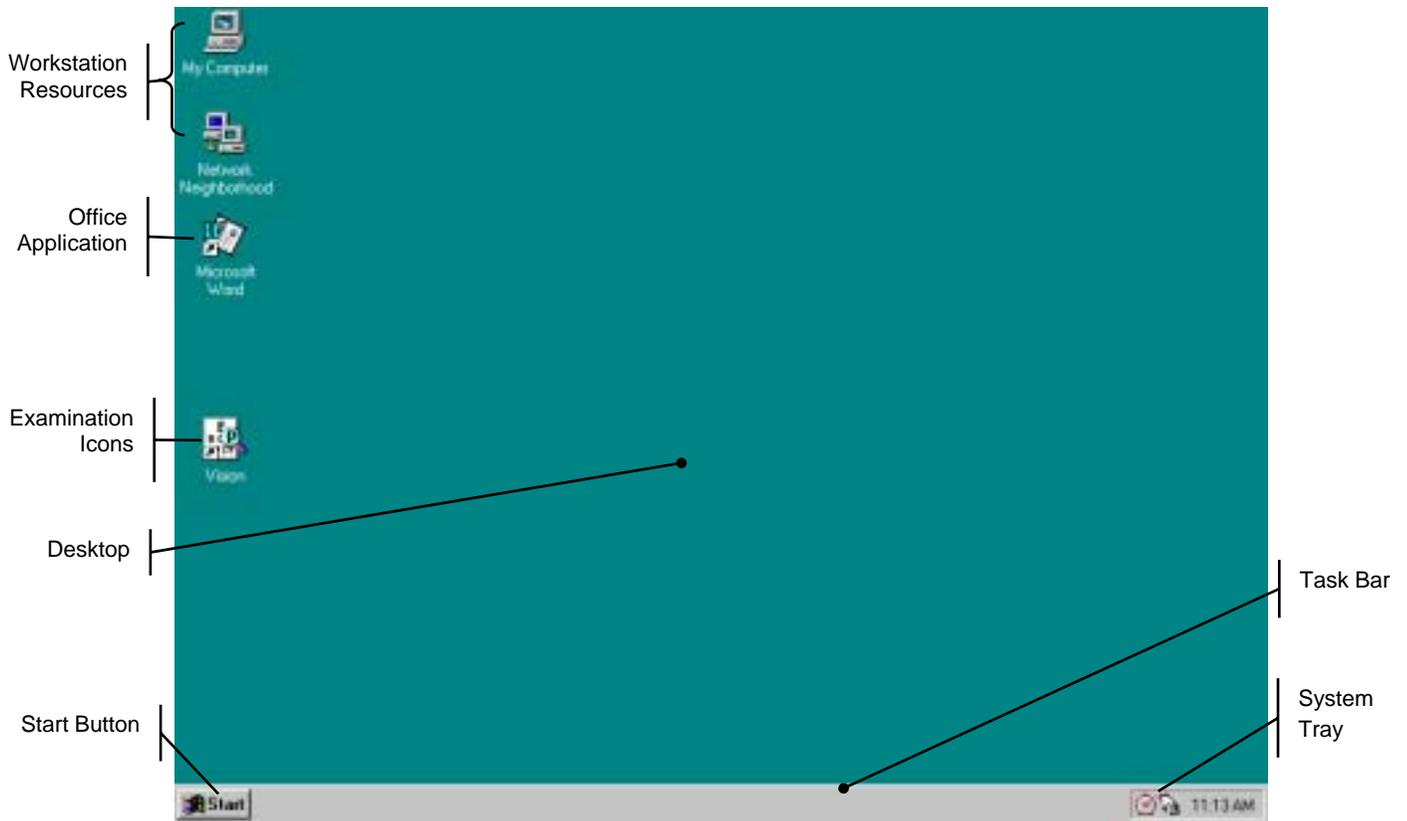


Figure 4: MEC Workstation Desktop

The desktop is similar to a real desktop, except perhaps a little neater. The desktop holds “shortcuts” to frequently used programs, such as the examination programs. Shortcuts are icons that represent a file or program located within the computer or network. The shortcuts provide a rapid means to open the program or file it represents. When an application opens, it displays on the desktop, as well as most other system activities.

Descriptions of the items that appear on all examination workstations are below.

The **Start** button, when clicked, displays a menu containing everything you need to begin using Windows. The menu options include:

- Shut Down** – Shut down menu options.
- Help** – Starts Windows NT Help.
- Documents** – Displays a list of previously opened documents.
- Programs** – Displays a list of programs you can start.

The Start button menu expands as programs are added to the system. The graphic below illustrates how the MEC desktop menu expands.

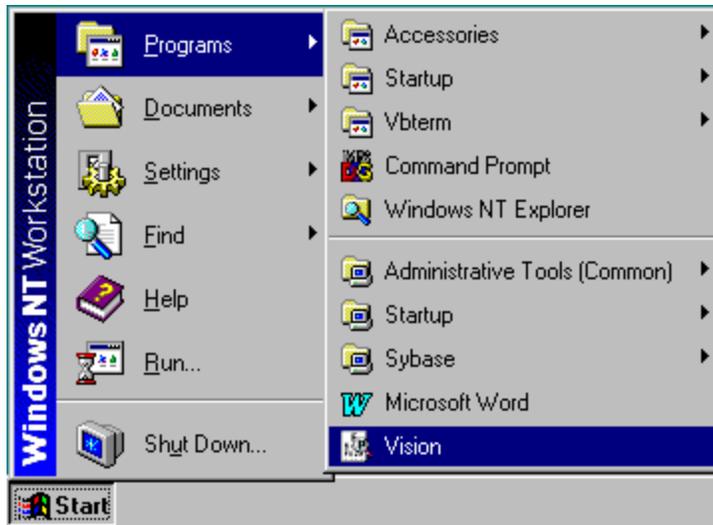


Figure 5: Start Button Menus

Note the highlighted selections. The menu expands when a small black arrow is shown on the menu's right margin. The main Start menu, the menu with the Windows NT banner on the first menu's left margin, is set by the development team. You may be asking yourself "Where is all the *fun* stuff?" The Explorer and many other Windows functions are disabled to discourage any modifications to the desktop, Start menus, and files. Inadvertent moving or deletions of files could and would cause havoc.

**My Computer** icon views and manages your files. Double-clicking the icon will open a window view of your computer and connected resources.



**Network Neighborhood** provides a view of all available resources on the network.



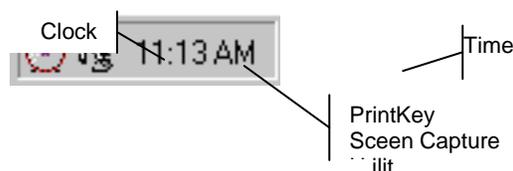
**Examination Program** icons (with shortcuts indicators) reside on the desktop to easily start an examination. Each examination has its own tailored icon. Double-click on the icon to open the examination program.



The **Taskbar**, located at the bottom of the Desktop, displays the Start button on the left side and the System Tray on the right side of the bar. By default, the system tray displays the current time and shows special system icons for programs that run in the background. The Physician button, shown to the right of the Start button, indicates the Physician examination component is currently running. Programs running but **minimized** are also shown as a button on the Taskbar.

### The System Tray Icons

The **System Tray** holds icons that represent the programs for displaying time and a screen capture utility.



The PrintKey screen capture utility operates automatically in the background. This feature enables you to capture items for documentation and database or program error messages. See *Appendix A, Using PrintKey*, for directions on how this feature can help you.

### Right Mouse Button Menus

The right mouse button provides a short menu of common actions when clicked on a desktop icon, the desktop itself, or System Tray icons. The Task Bar menu is disabled.

The right mouse menu for the **Desktop Icons** appears as shown below:

**Open** will open the program or file with associated application.

**Send To** provides an option to send the selected program or file to either the A:\ drive (floppy) or Mail.

**Cut** removes the icon from the desktop and places it on the system clipboard.

**Copy** places the contents of the clipboard to the desktop.

**Create Shortcut** makes another Shortcut on the desktop.

**Delete** permanently removes the selected item.

**Rename** highlights the item's name for editing.

**Properties** displays information on the application the icon represents and shows the path and working area of the actual application.

The right mouse menu for the **Desktop** appears when right-clicked anywhere on the desktop, as shown below:

**Arrange Icons** provide options to display the icons.

**Auto Arrange** automatically rearranges your desktop in a manner you will not like.

**Line up Icons** will place the contents of the clipboard onto the desktop.

**Paste** places a shortcut of the item in the clipboard on the desktop.

**Paste Show** will clear the clipboard of the last copied item.

**Undo Copy** menu of items from which you can create, such as a new folder or document.

**New** the Display Properties window to view and change several properties, such as window appearance, background, and colors. Some, if not all properties, will be disabled to ensure consistent appearance of all MEC workstations.

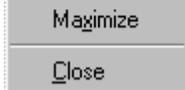
If the **System Tray** menu appears as shown on the left, you have clicked in the wrong area of the Task Bar.

**Restore** brings the program to the last used or default window size on the desktop.

**Minimize** will reduce the program to an icon on the Task Bar. The Tray Utility program will reduce the connectivity applications back into the System Tray.

**Maximize** opens the program in a window that fills the screen.

**Close** will terminate the program.



Note: In the event you activate this menu from the System Tray, press the **ESC** key to escape the menu. *DO NOT select Close!* You will lose the background applications.

### End of Day Procedures

The current procedure is to leave your workstation operational when departing the MEC. Examinations are closed and the programs in the system tray left running.

There will be times when the system malfunctions, such as failure to respond to keyboard or mouse commands or “hangs”, you may be directed to shut down or restart the workstation.

#### **To Shut Down or Restart the Workstation:**

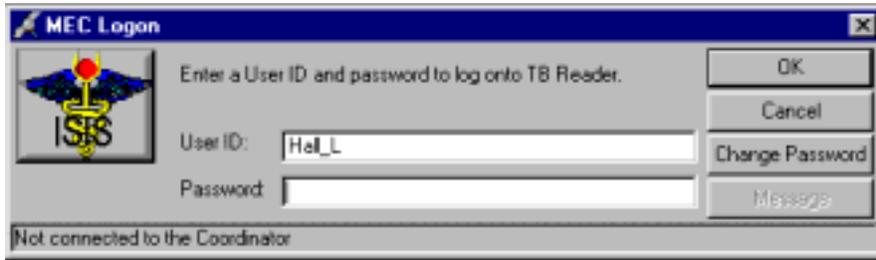
- Click on the **Start** button on the Taskbar.

- Select **Shutdown** from the Start Menu.
- The dialog box, shown below, appears.
- To shut down the system completely, select *Shut down the computer*.
- Wait for the message indicating that it is safe to turn off the computer.
- To restart the system without shutting down, select *Restart the computer*.
- The system will restart automatically.

## MEC Exam Application's Common Features

MEC applications are custom built for each specific component but share a common design. This commonality provides all component applications the same “look and feel” which minimizes reorienting technicians that rotate from component to component. These features and characteristics are described below.

### Examiner Logon



There are currently several types of examiner logon procedures. The logon procedure for an examination component is determined by whether the examiner is *static* or *rotates* through other components throughout a session. Static examiners include components such as Physician, Phlebotomy, Dietary, and MEC Interviewers that remain logged on throughout the session. Health technicians, such as Vision and CV Fitness, are not assigned to rooms but rotate through several examination components. These technicians are required to logon and logoff for each examination. Other examinations, such as Dental and Body Measurements, have slightly different requirements and are addressed in their specific User's Manual. The two basic approaches to logon are outlined below.

#### Static Examiner Logon:

- The logon screen, shown above, appears after the Coordinator assigns the examiner to the component and the assigned examiner starts the examination program.
- The **User ID** (Last Name\_First Initial) will automatically appear and cannot be changed.
- Type in the **Password** and press **OK**
- Examiner logoff is automatic at the end of the session.

#### Rotating Examiner Logon:

- The logon screen appears when the Coordinator assigns an SP to an exam component.
- If the component involves both an examiner and a recorder, the examiner logon screens appear first, followed by the recorder logon screen.
- The **User IDs** will automatically appear and cannot be changed. Both exam technicians must logon.
- Type in the **Password**.
- Press **OK**.

- Logoff is automatic upon completion of the SP examination.

NOTE: Your password is your safeguard. All examination actions within the MEC are traced with the logon User ID and Password. Unauthorized entry and malicious actions to the ISIS system are prevented by a simple act of not ever, for any reason, give your password to another. You could jeopardize much more than study data.

After entering your password and prior to pressing **OK**, you can **change your password** by clicking on the **Change Password** button. The Change Password dialog box appears.

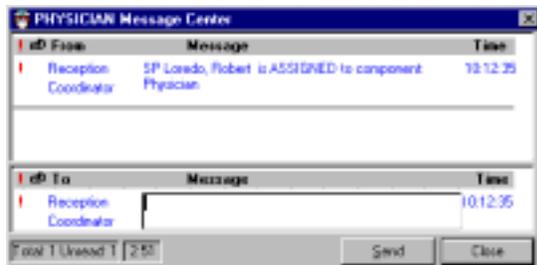
Enter your current password for access verification, followed by your new password. Confirm your new password and press **OK**.



Figure 6: Change Password Dialog Box

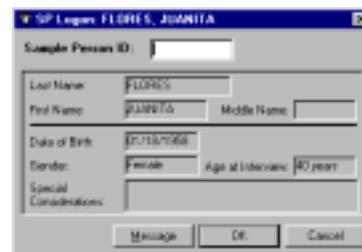
## SP Logon

The MEC Coordinator checks-in each SP upon arrival and assigns the SP to an initial examination component. The action of assigning the SP to a component automatically triggers a message from the Coordinator to alert the technician that an SP is assigned.



When the examiner selects *File / Open* to begin the exam, the SP logon screen appears.

- Acquire the SP ID through the wand device or manually enter the ID imprinted on the SP bracelet.
- Verify that the SP information is correct.
- Click **OK** to proceed with the examination.
- The **Message** button opens a dialog box for sending a message to the Coordinator.
- **Cancel** stops the logon process.



## Examination Screen Overview

The first examination screen appears after an SP is logged in or an existing record is opened. This example screen, shown on the next page and compressed for space, displays the basic visual appearance and design used throughout all MEC components.

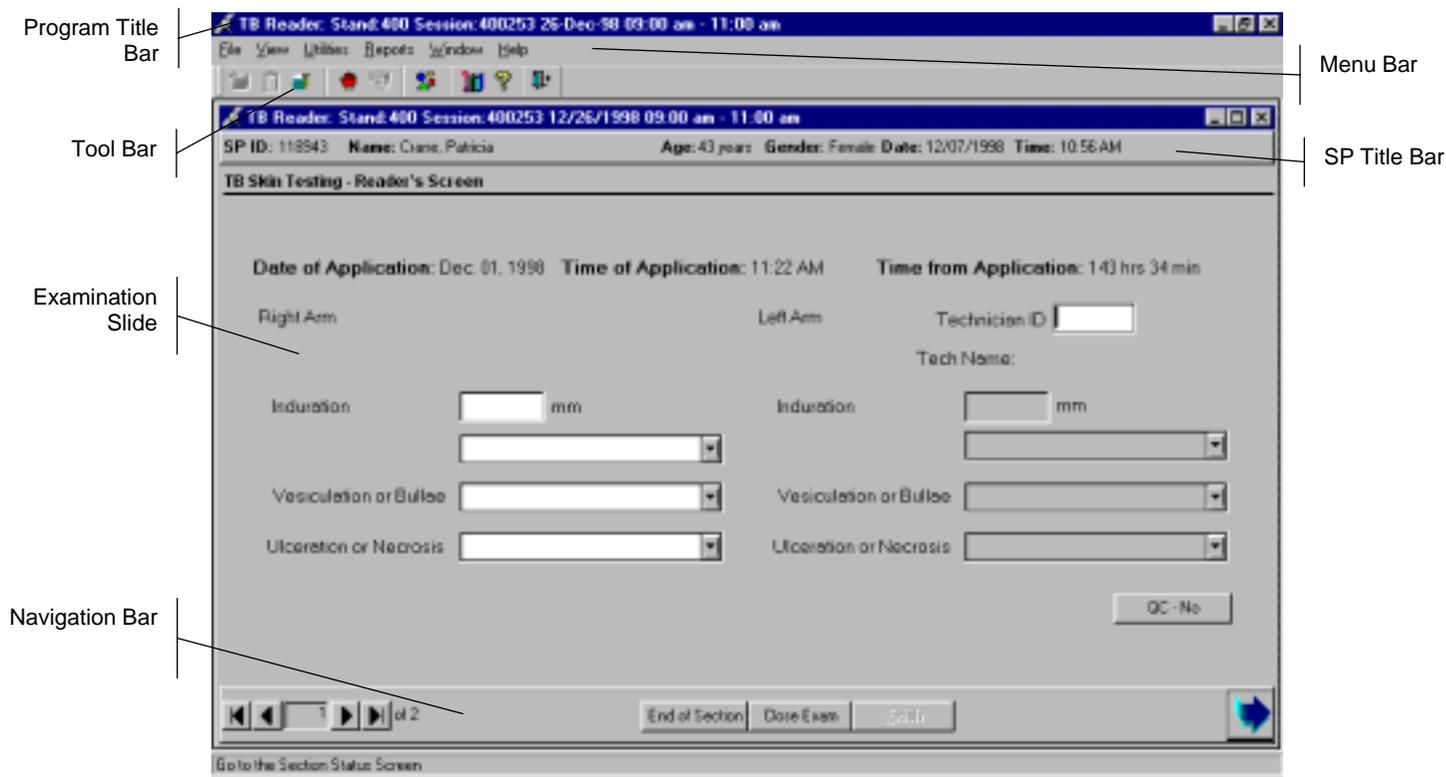


Figure 7: Sample Examination Screen

**Program Title Bar** shows the component program title, stand, session, and date time information.

**Menu Bar** displays the commands, functions, options, and information available during an examination.

**Tool Bars** hold buttons that execute common commands and other actions available in the menu bar. Buttons that are dimmed are not available.

**SP Title Bar** displays SP information during the course of the examination.

**Examination Slide** captures the measurements and other information.

**Navigation Bar** is used to move forward or back in the examination and displays the examination's relative location.

**Microhelp and Status Bar** displays the status of the computer, completion percentage message to the coordinator, and other information triggered by events.

### Menu Bar Options

Each MEC application has tailored menu options to support the specific examination. The menu options below list all available options. The options marked with an asterisk appear on all MEC examination programs. Options are grayed (inverted) or not present when they are not available for your subsystem.

Note the underlined letters in both the Menu and Menu Option. These underlined letters, used in conjunction with the **Alt** key, provide keyboard access to the menu selection without using the mouse. For example, pressing **Alt+F+O** will open a file. The **Ctrl+keystroke**, such as **Ctrl+O**, will also open a file.

Asterisks (\*) denotes menu options common to all MEC examination components.

<b>File*</b>	
<u>O</u> pen * <i>Ctrl+O</i>	Opens a new, Partial, or Not Done SP exam; must be assigned by Coordinator if not in standalone mode
<u>R</u> eview	Opens any existing SP examination in read-only mode; Coordinator assignment not required; no status updates sent to the coordinator system in Review mode
<u>C</u> lose *	Closes the current examination
<u>P</u> rint * <i>Ctrl+P</i>	Prints the current examination screen or report. Note the Ctrl+P shortcut keys.
<u>D</u> elete *	Deletes current exam and any associated references. Used primarily to delete an examination that clearly is in error, such as the wrong SP. Only enabled if it is a new exam and the status is not done or partial.
<u>E</u> xit *	Exits the application.
<b>View *</b>	
<u>F</u> irst *	Returns examination screen to first slide
<u>N</u> ext *	Advances to next examination slide.
<u>P</u> rior *	Displays previous slide IN THE SKIP PATTERN
<u>L</u> ast *	Advances to last slide.
<b>Utilities *</b>	
<u>Q</u> uality Control <i>Ctrl+Q</i>	Opens the quality control dialog box to initiate quality control procedures.
Exam <u>P</u> ause *	Used in case of an emergency in the MEC, such as an ill SP. Pauses the exam temporarily to stop the exam timer (in NH_Exam); sends "Exam paused" message to Coordinator.
Send <u>M</u> essage * <i>Ctrl+M</i>	Opens a dialog box to send messages to the coordinator.
Observation*	Submits an observation to the Physician for possible referral.
IC Exclude	Posts an exclusion record for those SPs who do not want HIV, STD, Genetic Testing, or Future Research performed; available only for

	Coordinator, Physician, & Phlebotomy.
<u>S</u> ettings *	Allows user to view or modify subsystem settings, including the Coordinator connection. <i>Modifying setting requires approval by the data manager.</i>
<u>T</u> oolbars*	Configures placement of toolbars.
<u>E</u> nglish <i>Ctrl+E</i>	Toggle option to set exam language to English.
<u>S</u> panish <i>Ctrl+S</i>	Toggle option to set exam language to Spanish.

**Reports\***

<u>S</u> ession Preview*	Lists all SPs in current session
<u>R</u> oom Log* <i>Ctrl+R</i>	Lists the SPs who have completed the component, including appt/exam and component status

**Window\***

<u>C</u> ascade *	Displays multiple windows overlapped and slightly offset as to show the title bar of each open window.
<u>T</u> ile <u>H</u> orizontal*	Displays open windows on top of each other and sized to fit all in the main program window.
<u>T</u> ile <u>V</u> ertical *	Displays open windows next to each and sized to fit in the main program window.
<u>L</u> ayer *	Displays open windows stacked over each other.
<u>M</u> inimize All Windows *	Reduces all windows to a button in the lower portion of the main program window.

**Help\***

<u>H</u> elp Topics * <i>F1</i>	Displays ISIS system help contents.
<u>N</u> HANES Procedures *	Displays component procedures manual. (not in Pilot).
<u>O</u> MB Statement.	Displays the OMB Confidentiality Statement.
<u>A</u> bout *	Displays the About dialog box.

**Tool Bars**

Tools Bar buttons display when the program first opens to provide an easy way to access menu commands. Buttons are dimmed to signify that the action is temporarily unavailable; such as a dimmed **Print** button when no examination is open.



The Tool Bars, labeled FrameBar and FrameBar2, are customizable through the *System | Customize Tool Bars...* menu option or the Arrange Toolbars button. The Tool Bars buttons are:



Opens a New Sample Person Examination.



Opens an Existing Sample Person Examination.



Prints the Current SP Examination.



Arranges toolbar buttons.



Modifies system configuration and settings.



Sends message to coordinator.



Quits the Exam Application.



Performs Quality Control Procedures.



Pauses the current SP examination.



Logs an Emergency for the Current SP.



Enters a Referral for the Current SP.



Displays NHANES Procedures.



Displays program Help.

### SP Title Bar



The Title Bar appears with the first examination slide after the SP is logged on. The Title Bar remains visible throughout the examination process. The example above illustrates the actual information displayed, but is not as compressed along the bar.

### Exam Slide Navigation



The slide navigation bar provides a means to move forward and back through an examination. The features of this bar are:

-  View **first** slide in examination sequence. Disabled (dimmed) if current slide is first in examination sequence.
-  View **previous** slide in examination sequence. Disabled (dimmed) if current slide is first in examination sequence.
-  View **next** slide in examination sequence. Disabled (dimmed) if current slide is last slide in examination sequence.
-  View **last** slide in examination sequence. Disabled (dimmed) if current slide is last slide in examination sequence.
-  View **next** slide in examination sequence. An easy to click button.

Note the slide counter between the previous and next slide buttons. This counter aids in determining your current location in the slideshow sequence.

**End of Section** button advances the examination slide to the status slide for the current section or the end of the examination for single section examinations.

**Close** button interrupts the examination and displays the Status screen for an appropriate status code and comment.

**Finish** button is disabled (dimmed) until the examination is complete. Partial and Not Done examinations require a status code and comment to activate the Finish button. The action completes the current examination.

### Quality Control

Several examinations incorporate medical equipment that requires periodic maintenance and inspection. These components have detailed procedures on conducting their specific inspection checks. Each subsystem notifies the examiner that QC inspections have not been performed when the examination program is started.

An example Quality Control window is shown below.



Figure 8: Quality Control Screen Sample

Included in the QC Checks are mandatory checks that must be completed prior to starting the examination program. The types of QC Checks are listed:

1. Start of Stand.

2. Start of Session.
3. Daily.
4. Weekly.
5. Middle of Stand.
6. End of Stand.

## Warning and Error Messages

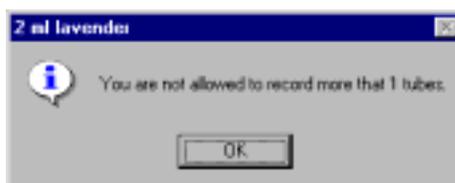


Throughout the course of an examination, warning and error messages may appear when you attempt to perform an action the program can not execute or requires your confirmation to continue the action. The message normally appears with statements explaining the error condition. Complying with the error message statement will normally remedy the error. When required to confirm an action, such as deleting records, be sure the action is necessary because in most cases the action is irreversible. Most “Oh #@%&” comments result from responding “Yes” when “No” was appropriate.

Data entry fields may have limitations on the acceptable range of values. The limitations imposed on these values are called **Hard** and **Soft Edits**.

**Hard edits** impose a strict limitation on values entered in a data field. A data value entered outside of the hard edit range is not accepted and a program warning displays. For example, if a vision hard edit limitation is 20/500, an entry of 20/520 will not be accepted.

**Soft edits** are flexible limitations on values but prompts you for confirmation if a value exceeds the limit. For example, if a vision soft edit limitation is 20/400, an entry of 20/435 will prompt a confirmation dialog box.



## Buttons and Boxes and Lists

The examination slides use a variety of methods to capture acquired data. The methods include the following data control devices.

The **radio buttons** require a single response out of the responses displayed. The responses are mutually exclusive, but may have more than two displayed responses. To select a response, simply click on the appropriate button. The selected button will appear with a black dot in the center of the circle.

The **drop list**, or **drop-down list**, provides a rapid means of selecting a desired response from a fixed set of possible responses. The drop-down list window may initially appear blank, as shown in the top example above. To drop down the list of possible responses, click on the down arrow button. A scroll bar may appear on the windows right side to enable you to scroll down the list. Click to select the desired response. Your selection will appear in the upper list window.

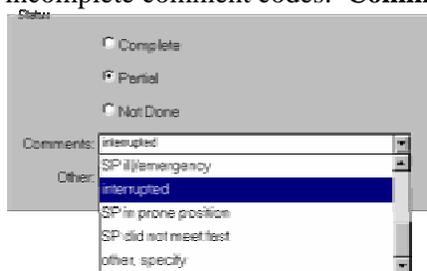
The **check boxes** enable selection to all responses that apply. The responses are not mutually exclusive. To select a response, simply click on the appropriate box. The selected box will appear with a black check in the center of the box. Click on a selected box to deselect.

The **ellipsis button** indicates additional action is available, such as browsing for records or additional information.

The *spin box* accepts a limited set of discrete responses. The “spin” name is derived from the up-down arrow buttons that can be used to “spin” the set of responses up or down. To select a response, simply click on the appropriate up or down arrow button to increment the responses. You may also type the response value in the spin window, if known.

## Section or Component Status

The Section or Component Status screen displays the relative completion of the examination – **Complete**, **Partial**, or **Not Complete**. This is the last exam slide at the end of a section or a component if there are multiple sections. The status automatically displays and is not editable. Interruptions, emergencies, refusals, and other events that prematurely stop the examination will trigger this screen for appropriate incomplete comment codes. **Comments are not recorded for Complete examinations.**



### **Comment codes:**

Component status codes indicate the degree of component examination completion. The three standard codes are:

- Complete:** All sections of the component were completed or attempted.
- Partial:** At least one section of the component was not completed or attempted.
- Not Done:** No part of the component was done or attempted.

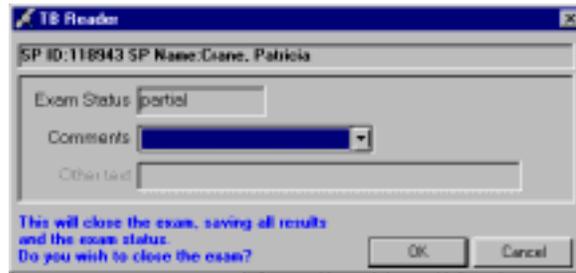
**Comment codes** are used to explain Partial complete or Not Done status codes. The Comment Codes defined below are common to all exams. There are other specific components and sections comment codes which are not defined here.

- Safety Exclusion:** The examinee was excluded from the component for safety reasons as defined by the protocol for the component.
- SP Refusal:** This is an SP initiated response due to refusal. The SP refuses the component for any reason other than an illness or emergency. If the SP refuses in the reception area, the Coordinator can code the exam. If the SP refuses after starting the exam, the examiner will code the refusal.
- No Time:** The SP comes on time and stays for the entire session, there is adequate staff in the MEC but at the end of the session there is no time to do the examination.
- Physical Limitations:** SP is unable to have the test due to physical problems. For example, the SP is unable to lie flat for the total body composition scan.
- Communication Problems:** SP is unable to understand and follow the instructions for the component due to language, cognitive impairment or other problem, and is unable to complete the test.
- Equipment Failure:** The component equipment malfunctioned and the test could not be performed on the SP.
- SP III/ Emergency:** The SP became ill or an emergency occurred and the test was not performed on the SP.

**Interrupted:** An exam is interrupted, usually for a MEC-wide emergency, and cannot be completed by the SP.

**Other, specify:** If the above reason for a Status Code of Partial or Not Done is not explained by one of the above Comment Codes, the examiner must choose Other, specify and record a comment in the text field.

Examinations closed prior to completion are automatically assigned a **Partial** status and the examiner is prompted for an appropriate comment.



Select the comment from the **Comments** drop-down list and press **OK**.

## The Messaging Subsystem

The Messaging subsystem is the communication nerve center that continually informs the Coordinator on the status of each component examination progress, assigned examiner(s), components available for SPs, and other management information.

Communication between the Coordinator and examination components is readily available through the **Utilities** menu or the Send Message button on the toolbar.



### **To Send a Message to the Coordinator:**

Or,

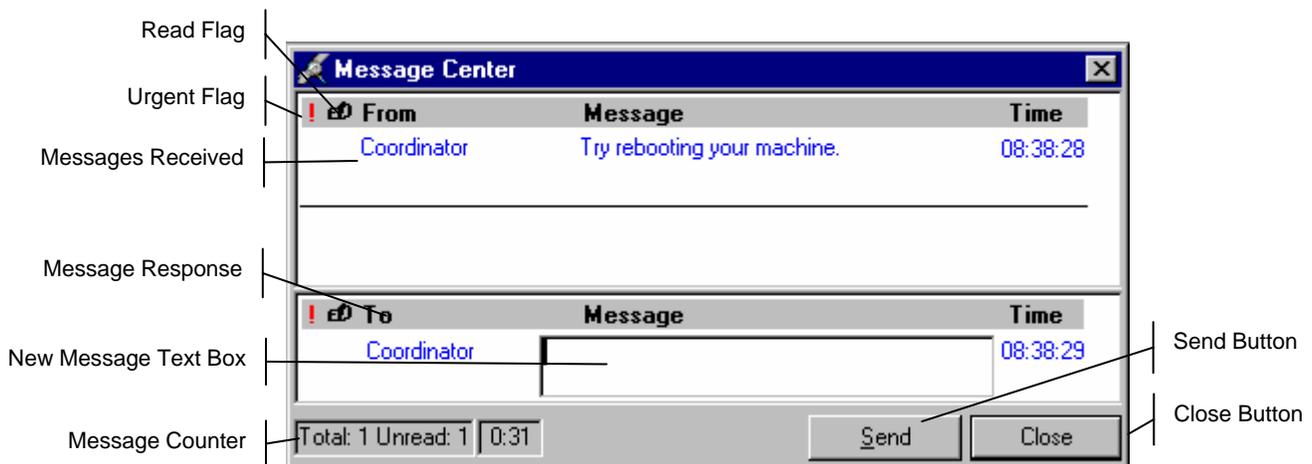
- Click on the **Send Message** button on the toolbar.
- Press *Ctrl+M* keystroke combination.

Or,

- Select **Send Message** from the Utilities menu.
- The Message Center transmittal box appears.

Messages sent to the Coordinator appear in the Message Center window on the Coordinator screen. Messages received from the Coordinator will remain visible on your screen for approximately 30 seconds.

Messages that have been flagged as “Read” (click the Read Flag column next to the read message) will be removed from the Messages Received pane during the system update, usually every 30 seconds.



- Received messages appear in the upper pane.
- Message responses are constructed in the lower pane.
- To respond to a message, select the message in the upper pane by clicking the “**Read**” flag.
- The Coordinator automatically appears in the “**To**” message response pane.

- Type your message in the **Message** text box.
- Click the **Send** button to send the message.
- Clicking the send button without including a text message automatically sends an “**Ok**”.
- Click the **Close** button to close the Message Center

## Sample Reports

The Reports menu options include the Session Preview, Room Log, and Results reports. Most reports display on screen and all reports can be printed.

### To Print a Report

Default printers are designated for each workstation and cannot be changed with the examination program.

#### To Print a Report or Window:

- Open the report.
- Select *File | Print* from the menu bar.

The report or print capable window is automatically sent to the default printer.

### Session Preview Report

This report can be viewed one day in advance. The report shows SPs scheduled for the scheduled sessions with special considerations and comments to notify the team in advance.

Session Preview Report							04/30/98 11:02
Stand:	551						
Session:	551574	04/25/98	08:30 - 12:30				
SP ID	SP Type	SP Name	Age	Gender	Special Considerations	Consent	Comment
791318		Tim Broughton	7 years	M			
734079		Zack Broughton	17 years	M			
602170		Kery Broughton	35 years	F			
508340		Allen Broughton	46 years	M			
735805		Lydia Broughton	21 years	F			

Figure 9: Session Preview Report

### Room Log

The Room Log displays SPs that have completed the component and other comments.

Physician Room Log							04/30/98 11:02
Stand: 551						Total: 10 SPs	
Session: 551574		04/25/98 08:30 - 12:30					
Sp Id:	SP Name:	Gender:	Age:	Appt Status:	Comp. Status:	Comp. Comment:	
1 169910	Harris Broughton	M	35	Scheduled			
Special Considerations:							
2 239464	Sarah Broughton	F	4	Scheduled			
Special Considerations:							
3 479721	Sue Broughton	F	56	Scheduled			
Special Considerations:							

Figure 10: Room Log

### Results Report

The Result Report displays a detailed listing of the examination results. Each component application is tailored to the examination. However all reports reflect the itemized results in tabular form in a style consistent with the sample below.

Physician Result Report							04/30/98 11:04
Stand: 551							
Session: 551574		04/25/98 08:30 - 12:30					
Sp Id:	508340	SP Name:	Allen Broughton	Person Gender:	M	Age At Interview Yrs:	46
Appt Id:	5510669	Appt Status:	SC	Exam Status:	P	Exam Comment:	SP refusal
Section Id:	Section Name:	Section Status:	Section Comment Code:	Section Comment	Other:		
1	Blood Pressure	C					
2	Fitness	N		SP refusal			
Ph Item Id:	Ph Item Text:	Ph Item Type:	Ph Result Num:	Ph Result String:			
BPQ010	Have you had any of the following in the past 30 minutes? (check each	1	1				
BPQ010A	food	1	2				
BPQ010B	alcohol	1	2				

Figure 11: Result Report

## Appendix A: Using PrintKey

### PrintKey Overview

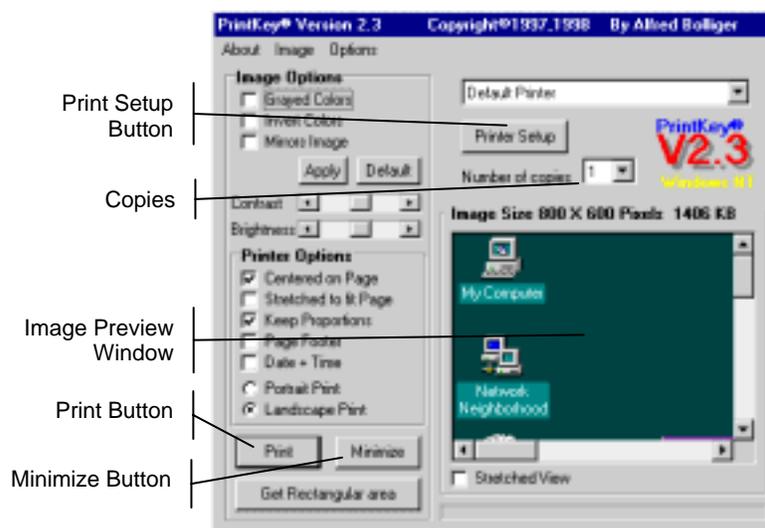
The PrintKey screen capture utility allows you to capture whole or partial screen images for immediate printing or saving to a file. Use this feature to capture any error messages that appear on the screen. Capturing the error message as it appears will enable the data manager to quickly determine the appropriate actions needed to correct the error.

PrintKey automatically loads whenever you logon a MEC workstation. It's icon appears in the system tray in the lower right corner of the screen next to the clock (looks like a little hand pushing a button). *Full Screen* and *Window Only* are two available options to capture various parts of a screen image. Full Screen captures the entire monitor screen, and Window Only captures the currently active window only, such as an error message window.

### Full Screen Capture

Full screen captures are used when the entire monitor image is needed. Each image will require approximately 1.5 Megabytes of space, which is more than what 1 floppy disk can hold.

- Press the **Print Scrn** key, a screen shot of the full screen is taken and the PrintKey utility window pops up:



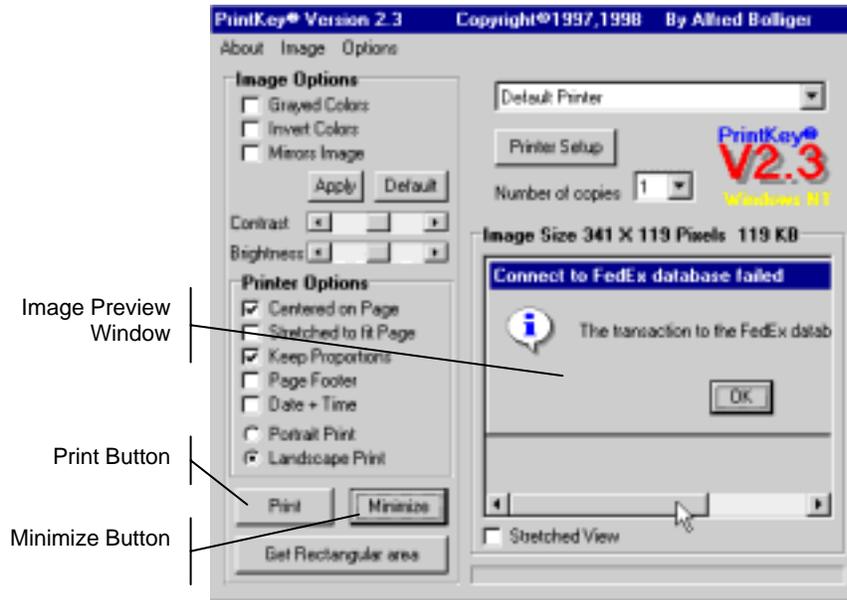
- Now you can print the image or save the image to a file.

### Window Only Capture

Window only captures are used when only the current window image is needed. The window can be an error message, dialog box, or a window within an application. Image sizes will vary depending on the area the window covers on the monitor. If you want to capture information in a

program without the distraction of toolbars and other graphics, this method works best.

- Press and hold the **Alt** key, then press the **Print Scrn** key. The capture of the open window is taken and the PrintKey utility window pops up:

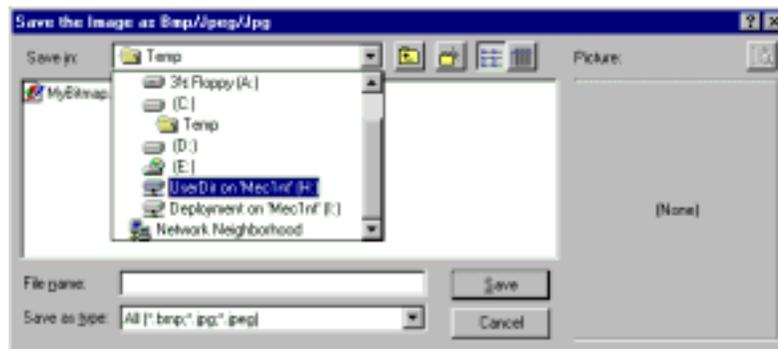


- Now you can print the image or save the image to a file.

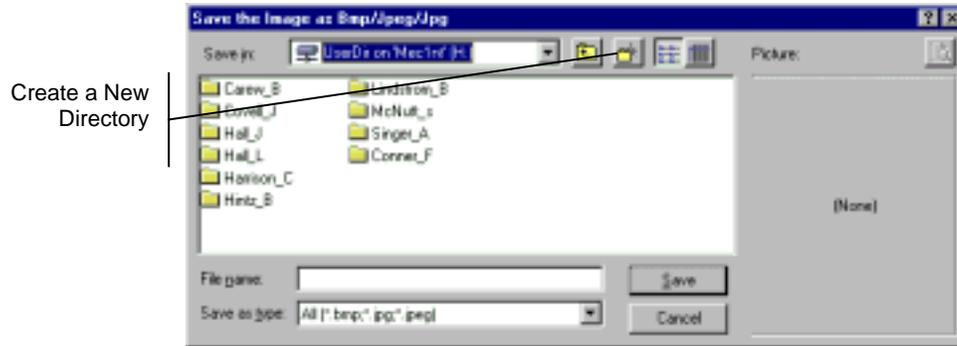
### Saving Images to a File

Images captured using any technique discussed below can be saved to a file for later use. This is how you do it:

- Click **Image** on the menu bar.
- Select **Save...** or press *Ctrl+S* keys.
- The Save dialog box appears.



- In the **Save in** drop-down list, select the destination directory/folder.
- The selected directory/folder, shown below, opens and displays individual subdirectories to store your files.



- Double-click to select your subdirectory if available, or make a new directory is you do not see one with your name.
- Name your image in the **File name** field.
- Select **BMP** from the **Save as type** drop down list.
- Click **Save**.
- Click **Minimize** on the PrintKey window.

## Printing a Screen Capture

### To print the image

- Click on **Print** in the lower left corner to print to the default printer.
- The capture will print at your designated printer.
- Click **Minimize** to hide the PrintKey window.