National Health and Nutrition Examination Survey (NHANES)

MEC In-Person Dietary Interviewers Procedures Manual

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1.1   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 study participants (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 examination components. At the end of the MEC dietary interview, the interviewers will schedule the SPs for a PFU interview 3-10 days later. Dietary telephone interviewers at the Westat home office will conduct the PFU interviews.

The dietary interview is comprised of three sections—the Dietary Recall section, the Supplement and antacid use 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 and PFU 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 two 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, supplement and antacid use in the past 24 hours, 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, water bottles, 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, Supplements and antacids, 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 the 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. Additional hand cards are also provided for the supplement and antacid questions. Each SP will receive $30.00 for his or her participation in the PFU interview.

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.

1.2   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 the 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 or her professionalism, while creating an environment in which the SP feels comfortable to respond freely.

The 24-hour Dietary Recall interview is comprised of three parts—the 24-hour recall, the Supplement and antacid use section, 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 the respondent's usual intake, salt uses on the previous day, at the table and during food preparation, and the use of special diets. Following the Dietary Recall section, you will administer the Supplement and antacid use questions and then a set of Post-Recall questions to a subsample of SPs. The frequency of fish and shellfish consumption will be asked of all SPs 1 and older. Recent health will be asked about SPs 1-11 years old. In some instances, if the pesticide questions have not been captured in the Proxy interview, you will ask two questions about pesticide use.

The dietary interviewer may conduct the interview in English or Spanish. Proxy interviews (Exhibit 1-1) 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 1-1. Table of proxy and assisted interviews

Age of SP	Main respondent
Under 6 years	Proxy
6 years to 11 years	SP, with proxy assistant
12 years +	SP*

* Proxy is used if necessary.

MEC dietary interviewers record each interview via the PC. This recording procedure is implemented for quality control purposes only and home office staff review randomly selected recorded interviews for approximately 5 percent of each interviewer's work. For adults, prior to the recording a verbal permission will be obtained from the SP. An additional parental consent will be obtained if the SP is 17 years or younger via a consent form obtained in the household. Survey staff will review the recordings 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.

1.3 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.

1.4   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 nongovernment 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.

Equipment, Supplies, and Materials | 2

2.1 Description of the MEC Interview Room and Equipment

There are two dietary interviewer rooms in the mobile examination center (MEC) that are located next to each other. One room is larger than the other and is to be used for families and also for study participants (SPs) in wheelchairs. Each room has a built-in counter that extends almost across the length of the room. The counter is concave so that it protrudes in the middle for extra space. In addition, there is a pull-out counter that further expands this enlarged middle area.

The computer is positioned at an angle on the concave counter on one end of the room; the 3D measuring guides are displayed on the counter at the other end. The interviewer sits in a chair in front of the computer, facing the SP. The SP sits 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 back of the room to store the 3D guides. Hanging files on the wall and a 3-drawer cabinet provide storage for the interviewer.

2.2 MEC Interview Supplies and Other Equipment

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

2.2.1 Measuring Guides

Each MEC contains two sets of measuring guides, one for each room. These guides will be used to determine the volume and dimensions of the food items the SP reports.

- **Bean bags** – 7 bean bags of various sizes, labeled M3-M9.

- **Bowls** – 5 bowls of various sizes, labeled B1-B5.

- **Circles** – 10 circles from 1-10 inches, labeled C1-C10.

- **Glasses** – glasses of various sizes, both glass and Styrofoam labeled G1-G8.

- **Grid** – 1 5"x5" grid with ½" and 1" markings on a see-through page.

- **Household spoons** – 2 household spoons, called "big spoon" and "little spoon."

- **Measuring cups** – 4 cups, labeled ¼, ⅓, ½, and 1 cup.

- **Measuring spoons** – 4 spoons, labeled ¼ tsp, ½ tsp, 1 tsp, 1 tbsp.

- **Mugs** – 3 mugs of various sizes, labeled MG1-MG3.

- **Pats and spreads card** – 2 pictures of knives with two different sized pats and spreads representing 1 tsp and 2 tsps.

- **Ruler** – a 12-inch wooden ruler with fractions.

- **Shapes and chicken pieces card** – pictures of various shapes and chicken pieces.

- **Thickness bars** – 1 set of 12 thickness bars, each 1/8 inch thick.

- **Water bottles** – 5 different water bottles with different volumes, 8FO, 12FO, 16.9FO, 20FO, and 24FO.

- **Wedges** – 2 wedges, a 9" and a 5" wedge, on a see-through page.

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.

2.3 MEC Dietary Interviewer Materials

There are a number of materials that you will need to conduct the interview. These include hand cards, 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 listed items.

2.3.1 Hand Cards

You will use the following hand cards:

■ Calendar – a 2-year calendar that you will use when administering the Post-Recall questions.

■ Codes for Source Responses – a list of sources included in the various codes.

■ Examples of Antacids – lists some antacid examples.

■ Examples of Dietary Supplements – lists some supplement examples.

■ Fish/Shellfish 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.

■ Help!! – includes the following tips: function keys, default times, 40+ food procedures, and exceeding category accessions procedures.

■ List of Acceptable Abbreviations – a list of abbreviations you can use to access the MFL and to make comments in OS and the remarks box.

■ Picture Examples of Dietary Supplements – has photo images of supplements and antacids.

■ Source of Food – lists the more common response items for the Source question such as Store, Restaurant, and School cafeteria.

■ Yellow-Page – a list of Eating Occasions and Frequently Forgotten Foods.

■ Yesterday's Food Intake – illustrates the period of time from midnight to midnight the previous day.

2.3.2   Reminder Cards

You will fill out a reminder card each time you make a PFU appointment with an SP. The 5 ½ x 8 inch 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.

2.3.3   Measuring Guide Package

The measuring guide package consists of a Food Model Booklet (FMB), a set of measuring cups, measuring spoons, two household spoons (1 tablespoon, 1 teaspoon), and a 12-inch ruler. The package (referred to as dietary kits) will be assembled at the home office and shipped out in plastic sacks. You will add the three Supplement hand cards and distribute the package when you make the PFU appointment. Only one package will be distributed per household, preferably to the female head of household. During the stand you will store the kits along with the food model booklets under the counter in a plastic container with three drawers.

2.4   Equipment Setup and Teardown Procedures

2.4.1   MEC Dietary Interview Room Setup Procedures

At the beginning of each stand, on setup day, you will wipe down your work area, (desk, wall, hanging baskets, etc.). You may use 409 All-Purpose Cleaner found in the staff lounge cabinet under the sink to remove stains and may also use wet paper towels to wipe off dust. Remove the metal ring that holds the pull-out counter, the rubber bands around the phone, and the sock containing the mouse; place these in the zip closable bag provided by the FES. Unpack all the food models and toys from the plastic storage container (bin) and wipe them clean. Arrange the models on the racks in their appropriate places, (see photos at end of this section). Remove from the plastic bin the pink and yellow appointment cards, tape consent forms, envelopes, and manual(s) and place in the hanging files. Place hand cards and Spanish/English dictionary on your desk, (under telephone jack area) or wherever it's convenient for daily use. Do inventory of existing material, (food model booklets, kits that are stored in the storage bench in the rooms, models, tapes, appointment cards, etc.) and save the count for cross checking.

Open new inventory shipment boxes that were sent to the stand, (use a box cutter located in staff lounge), count inventory and save count and inventory packing list for later cross checking. Refill 3-drawer food model booklets bin to capacity in both dietary rooms. Carry remaining materials and large storage bin to belly if needed. (Belly compartment is located on trailer 2 underneath the walkway between trailers 1 and 2. There are two dietary bins in the belly for food models.) Count all food model booklets and kits found in the storage bench in the room from the previous stand and save the count for cross-checking. Combine new inventory items with any preexisting ones. Break down all cardboard boxes and take to the designated area appointed by the MEC manager.

Gather all inventory counts and cross-check with the saved packing list, that the numbers from the previous stand count and received shipment are correct. A dietary interviewer is to print the first and last name on both pages 1 and 2 of the consumables inventory sheet and return to the MEC manager.

To clean toys, obtain 1 fluid ounce of bleach from the lab and add to a full sink of water (use sink on trailer 2). Soak toys from both dietary rooms for about 10 minutes. Then rinse, dry, and distribute toys between both dietary rooms accordingly. (Use gloves and be careful with clothing; aprons, if needed, are available from the lab.)

2.4.2   MEC Dietary Interview Room Teardown Procedures

At the end of each stand, count all consumable items in both dietary rooms and the belly. Consumable items are: food model booklets, kits, appointment cards, tapes, mailers, and permission forms. (These items are found on the first 1½ pages in the end of stand inventory sheets provided by the MEC manager at the end of the stand.) Fill out the end of stand inventory form by placing the number of actual items accounted for in the provided box. A dietary interviewer is to print the first and last name on both pages 1 and 2 of the consumables inventory sheet and return to the MEC manager.

Check the condition of all food models; if any item needs to be replaced, note it in the end of stand inventory sheet. Bubble wrap all glass models and take care when stacking items inside one another other, as items shift and expand during travel. Place them carefully in the plastic storage bin with the toys. Store the remaining extra food model booklets and kits in the storage bench. Appointment cards, hand cards, permission forms, mailers, mouse pad, and wrist guard should be placed in the storage bin. Using a rubber band, secure the phone handset to the base. Turn around the 3-drawer

bin containing the booklets, so that the drawers open toward the side wall. Detach mouse and scan pen from the USB ports and place in a zip closable bag provided by the FES, placing the mouse inside its sock. Place the bag with these items inside the dietary room mailbox. Cover the monitor with the pillow (cozy), and drag the monitor toward the side wall right between the wall hooks with the monitor facing the wall. Using a bungee cord, secure the monitor in place and then rest the keyboard in between the monitor and the wall. Insert the metal ring in the hole, located in the center of the counter, to hold the pull-out counter in place.

Empty trash receptacle and store trash can and SP's chair in the bathroom in trailer number 2. Position the interviewer's chair on its side and slide under the counter. Secure door in place.

The last task at the end of a stand is to clean the staff area refrigerator. Remove and discard any unclaimed food and wipe the inside of the unit before you leave the stand.

Exhibits 2-1 and 2-2 illustrate where the models and hand cards should be displayed in the dietary room for standardization.

Exhibit 2-1.   Complete food model display and setup in small room

Exhibit 2-2.   Overall counter setup in large room

General Interviewing Techniques **3**

3.1 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 techniques. 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 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.

3.2 Activities and Resources Helpful to Your Interview

3.2.1 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.

3.2.2   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 his or her time administering a specific program—WIC, elder meal program projects, home economist demonstration projects, and so forth, so the contact's 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, 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.

3.2.3   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 study participant (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 or 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.

3.3   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.

3.3.1   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 or 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 or 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 or 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..."

3.3.2   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 or 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.

3.3.3   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.

3.3.4   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 is 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 or she can't remember, follow the procedures for documenting unknown foods (Chapter 8).

3.4   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.

3.4.1   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 everyday 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 or 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 or 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.

3.4.2   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?" or "Most of the time," or "In most cases," etc. If the respondent insists that he or 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.

3.4.3 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.

3.4.4 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 or 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?"

3.4.5   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 or she doesn't understand;

■   The respondent is thinking the question over, and says DK to fill the silence and give himself or herself time to think;

■   The respondent may be trying to evade the issue because he or 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.

3.4.6   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 or 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?

3.4.7   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 or 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.

3.5   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. Recording or entering answers using the automated system is quite simple. The following general rules always apply.

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 or her speak for himself or 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.

3.6   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.

Dietary Interview Application Features 4

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

4.1 General Overview of Computer

The computer in your dietary room is connected to a network computer located in the Mobile Examination Center (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: (1) how to turn on the computer and access the program, (2) how to use the keys on the keyboard, and (3) 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.

4.1.1 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 4-1 and 4-2.

Exhibit 4-1. Illustration of keyboard with backspace and number keys
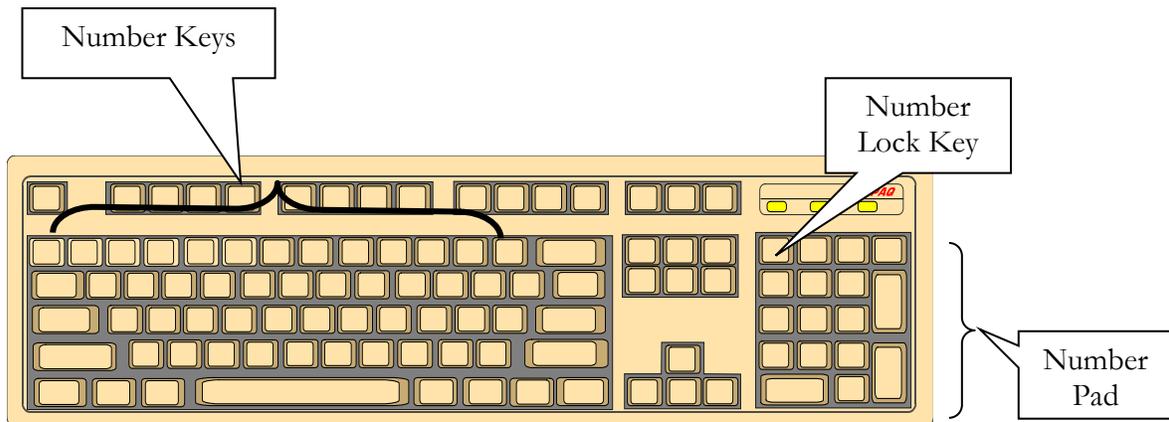
Exhibit 4-2. Illustration of cursor control keys and navigation keys
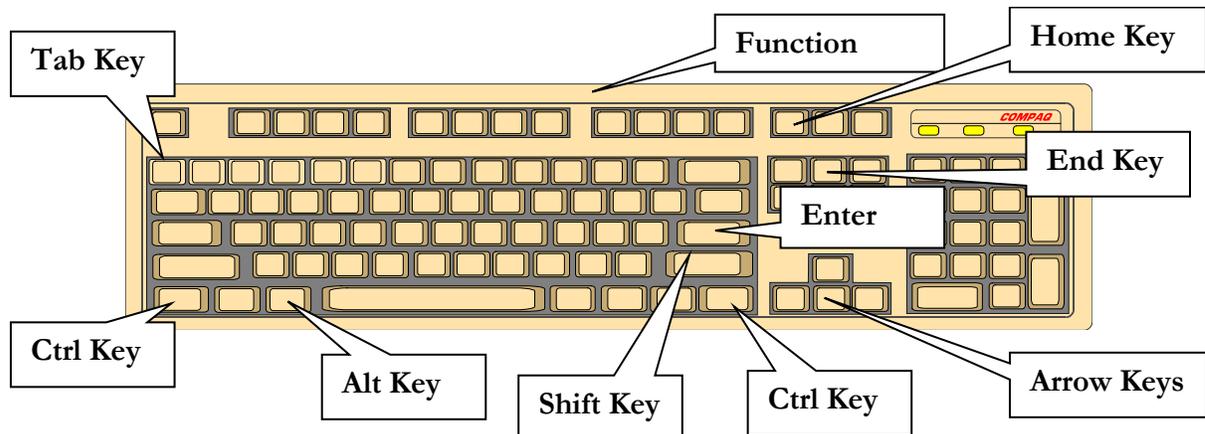
Backspace keys. Press the **Backspace** key to erase any information that you have typed in. The **Backspace** key erases one character to the left of the cursor if depressed and released, or continues to erase additional characters if held down. This function will mostly be useful to you when using 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.

Navigation keys. Navigation keys allow the interviewer to efficiently move through the interview. Navigation keys include the **Home** and **End** keys, A**rrow** 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.

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.

4.1.2   Dietary Interview Application Features

Two software programs make up the dietary interview application—the wrapper and Blaise™€ for the USDA Automated Multiple Pass Method (AMPM) program and Supplement section. 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 program**, you will see a hamburger icon in the upper left corner of the screen (Exhibit 4-3). In the **MEC** the word "Dietary" will appear next to it—indicating the MEC dietary component.

Exhibit 4-3.   Wrapper screen

When you are in the **AMPM program,** you will see an icon in the upper left corner and the words "Blaise Data Entry" next to it, indicating the software used to create both the AMPM and Supplement programs (Exhibit 4-4).

Exhibit 4-4.   AMPM screen
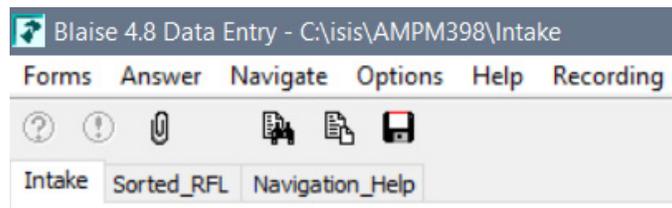
With the exception of a few entry screens, all of the **Dietary Recall** section of the dietary interview and the Supplement section are collected using the Blaise software. The **Post-Recall** section is collected using the wrapper program. The **status code** for each section is also collected in the 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; and

- **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 of Exhibit 4-5.

Exhibit 4-5.   VCR keys and blue arrow
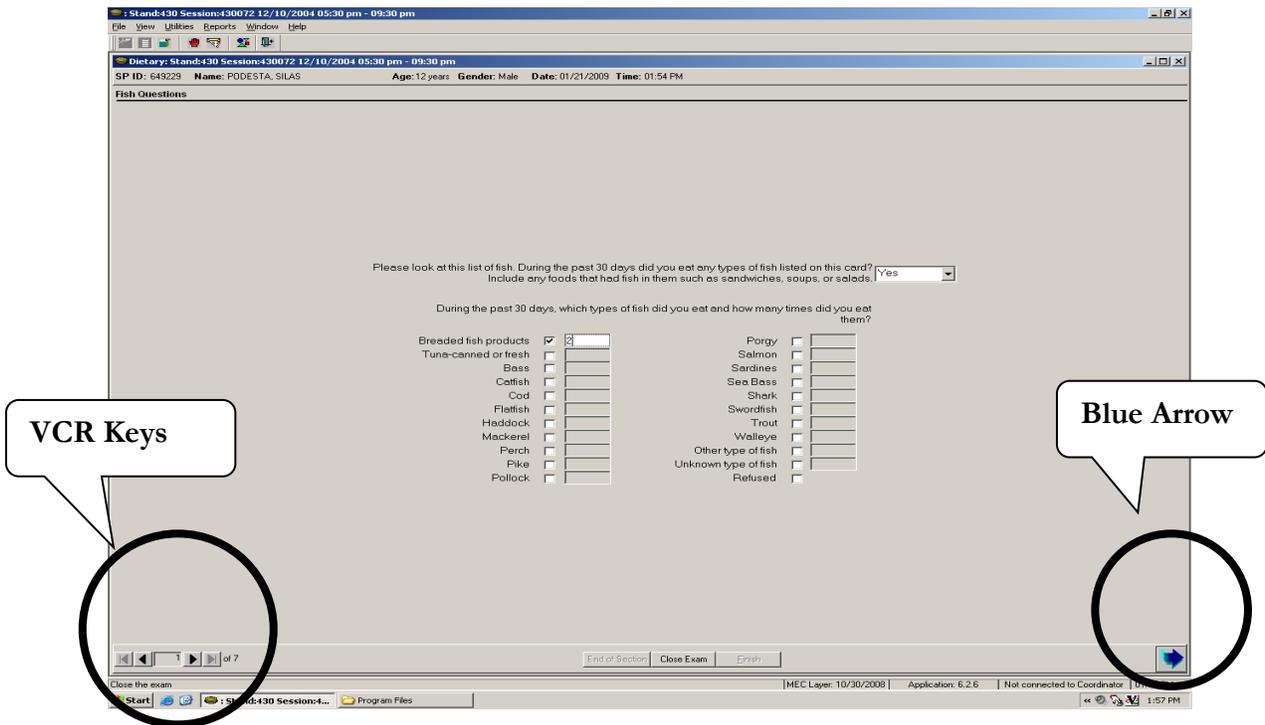
The VCR keys allow you to move backward or forward in the wrapper. In the center is a rectangle that contains the page number of the current screen. Clicking on the arrow to the immediate left will move you back one page. Clicking on the arrow to the far left will move you back to the first page of the 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.

The AMPM Program

The AMPM program is the bulk of the interview. It has a number of features designed to make your life easier.

- The screens are laid out in a standardized manner;

- Each text color has a purpose;

■   The text formats have a purpose; and

■   Special function and navigation keys will help you move around easily in the instrument.

Screen Layout. As shown in the example below (Exhibit 4-6), the screen is divided into three sections:

■   **Question Pane –** the cream-colored background area at the top of the screen where the questions and interviewer instructions appear.

■   **Response Choice Pane –** the middle area in the part of the screen where the response choices are listed.

■   **Answer Pane –** the area at the bottom of the screen that contains the question names and fields for recording responses.

Exhibit 4-6.   Screen layout
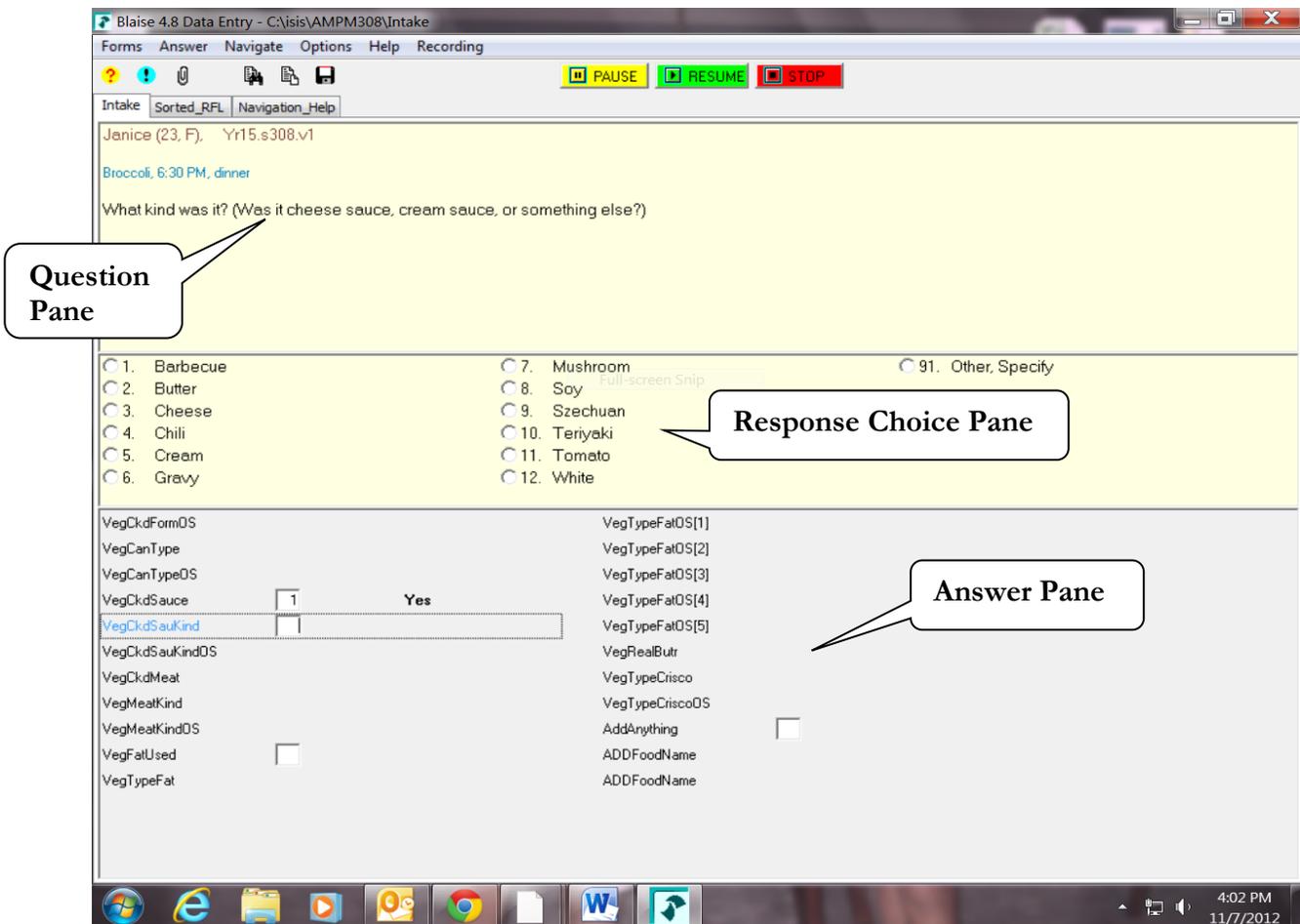
Text Features. Black text is used for all question text and response items. Royal blue text is used for interviewer instructions, which are in brackets and in upper case. Words that you need to emphasize in the questions and frequently reported responses are printed in bold type (Exhibit 4-7).

Exhibit 4-7.   Text features
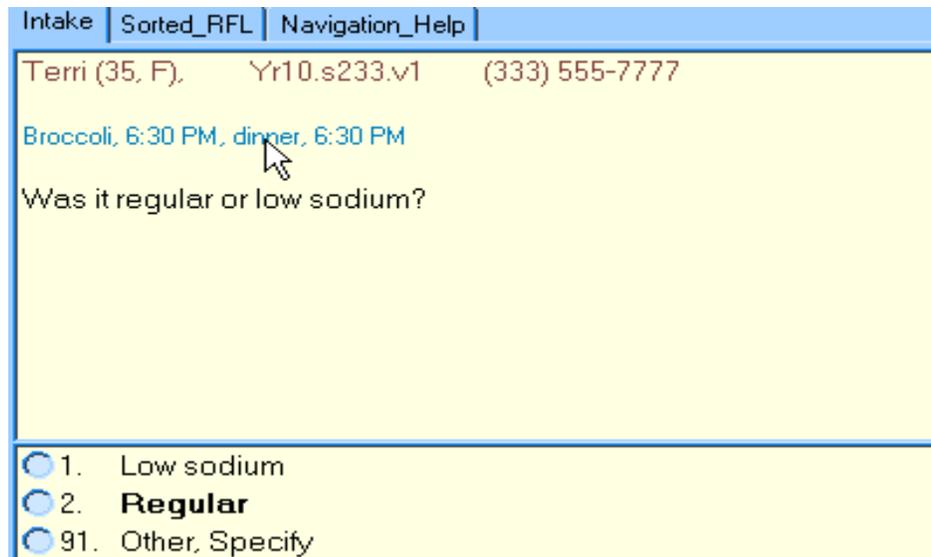
Header Information. There are two types of header information: (1) Demographics Header, which includes name, age, and gender, and (2) Food Header, which includes the food name, time, and occasion (Exhibit 4-8).

Exhibit 4-8.   Header information
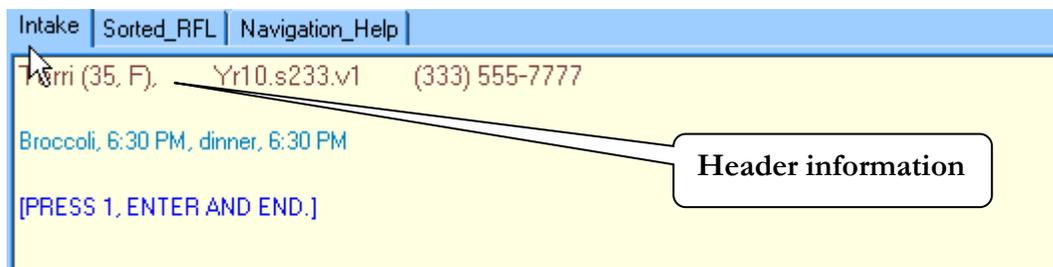
Function keys. The AMPM program includes specific function keys to provide shortcuts for the interviewing process. These keys are described below.

■ **F1 (Help) –** used to call up the source Help screen as shown in Exhibit 4-9.

Exhibit 4-9.   F1 (Help)
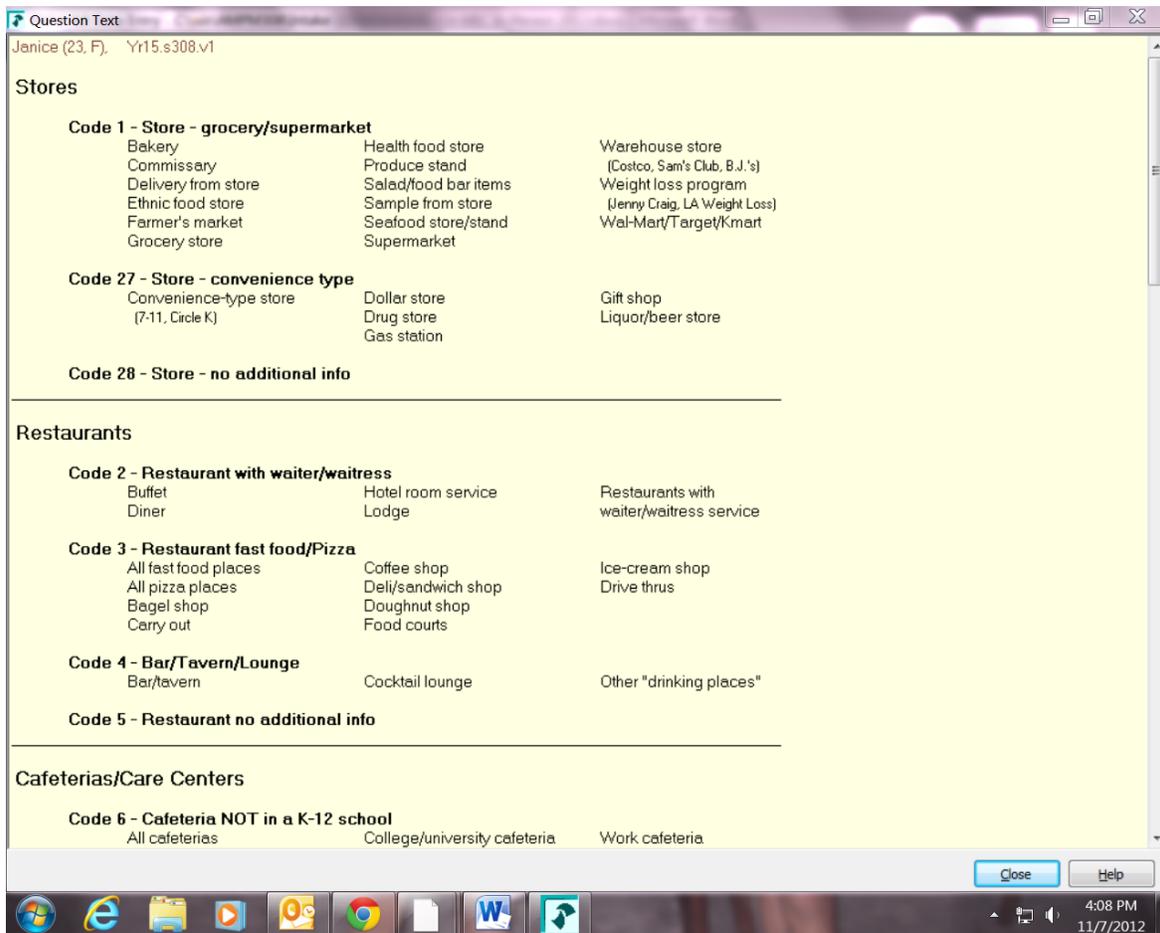
■ **F6 (Remark Box) –** used to make a remark or comment. When you press F6 you will get this remark box (Exhibit 4-10). The box is associated with the field your cursor is in when you press F6. So, if you need to further explain something the respondent has said, press F6 to access the remark box and 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 grayed out, you can highlight it only by clicking on the mouse as you place it over the food field.

Exhibit 4-10.   F6 (Remark box)
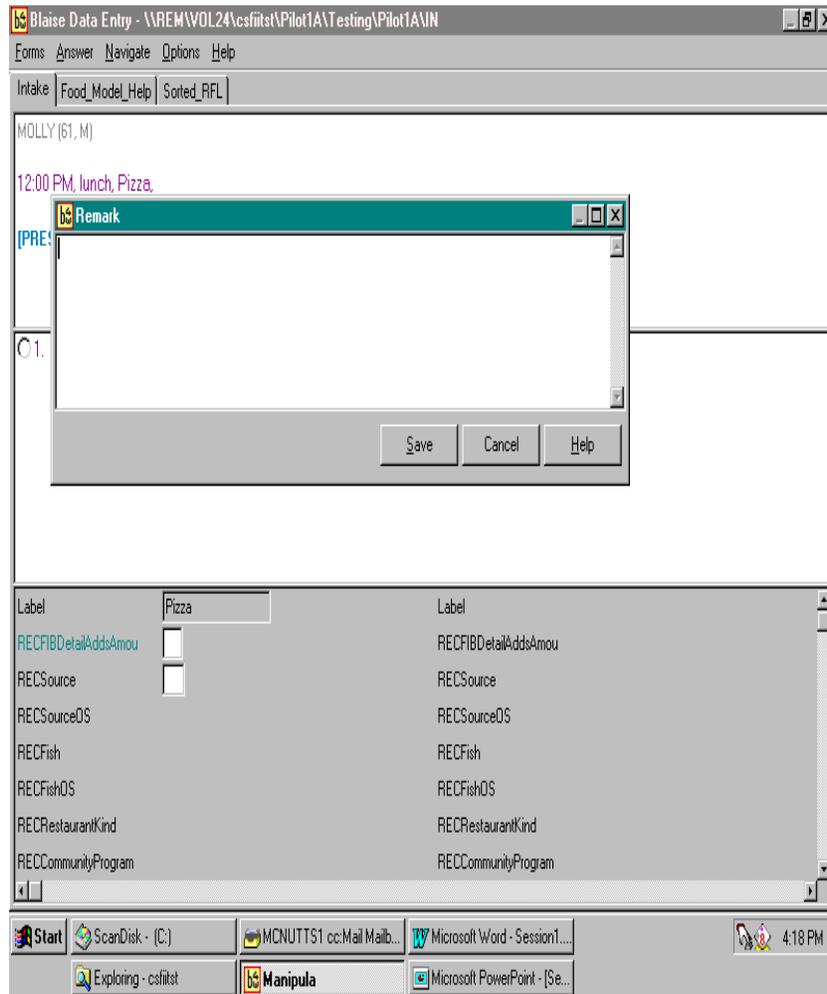
■   **F7 (Refusal) –** used to record a refusal to a particular question. When you press F7, the program will enter an exclamation mark (!) in the field (Exhibit 4-11) where you've put the cursor.

Exhibit 4-11.   F7 (Refusal)

- **F8 (DK)** – used to record a DK response. When you press F8, the program will put a question mark into the field (Exhibit 4-12) where you've put the cursor. DK is an acceptable answer.

Exhibit 4-12.   F8 (DK)

- **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 a food correctly or misreported it. For example, in the screen below (Exhibit 4-13), the space between breakfast and lunch indicates a food was misreported.

Exhibit 4-13. F9 (Access sorted RFL)

■ **F10 (Return to RFL)** – used to return to the RFL at any point in the interview. The first time you access this screen (Exhibit 4-14), 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 4-14. F10 (Return to RFL)

■ **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 (Exhibit 4-15). You will not use the Help language selection.

Exhibit 4-15. 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 study participant. By accessing this roster (Exhibit 4-16), you can document the pertinent information.

Exhibit 4-16. Ctrl + H (HH)
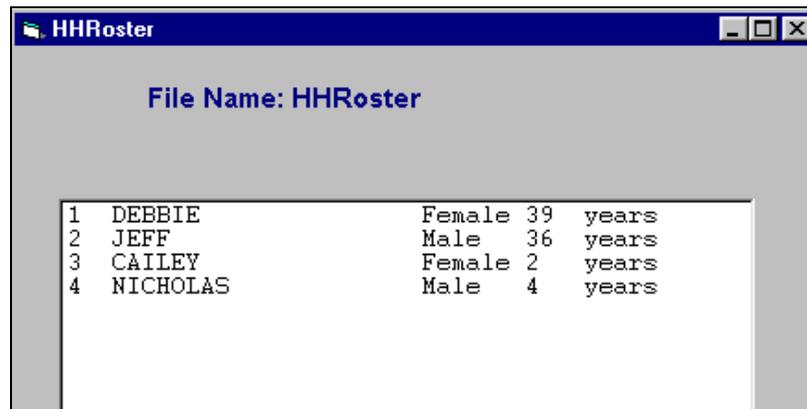
■ **End –** used to take you to the next appropriate questions. It will be your primary navigation key. When you return to the RFL to enter a food, you will use the End key to get you to the place you left (Exhibit 4-17).

Exhibit 4-17.   End
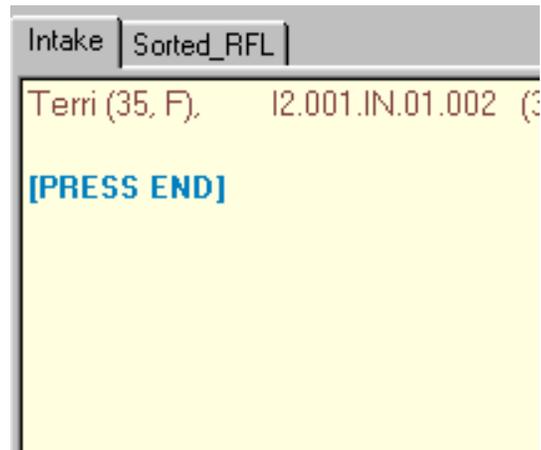
■   **Arrow keys –** used to help you move through the instrument.

–   **Down arrow and right arrow –** move forward.

–   **Down arrow –** enter foods on the RFL.

–   **Up and left arrow –** backtrack 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 on the far left (Exhibit 4-18).

Exhibit 4-18.   Parallel tab
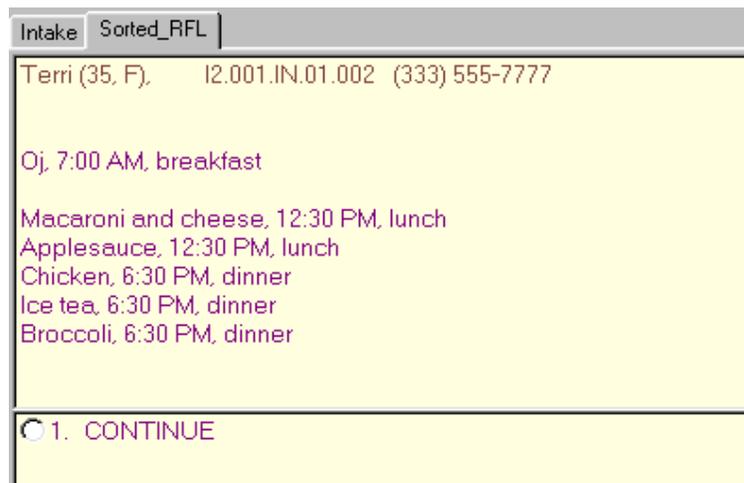
4.1.3   Turning Computer On and Accessing the Program

When you turn on the computer (Exhibit 4-19), 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 4-19.   ISIS Logon screen
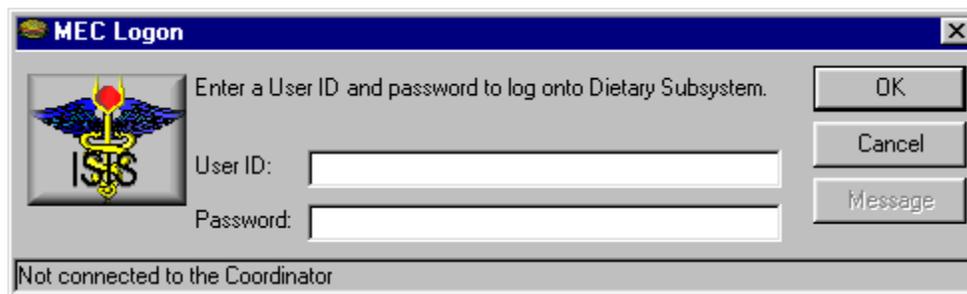
During the session, the MEC coordinator will assign a study participant (SP) to your room. A small rectangular box will appear on your screen indicating that an SP has been assigned. The SP's name will appear in the box along with any message from the coordinator. There is also a space in this box for you to respond to the MEC coordinator if necessary. Simply click "OK" (or press **Enter**) to notify the MEC coordinator that you received the message.

A new screen with icons across the top will appear on the screen (Exhibit 4-20). 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.

Exhibit 4-20.   New interview and SP Description screen
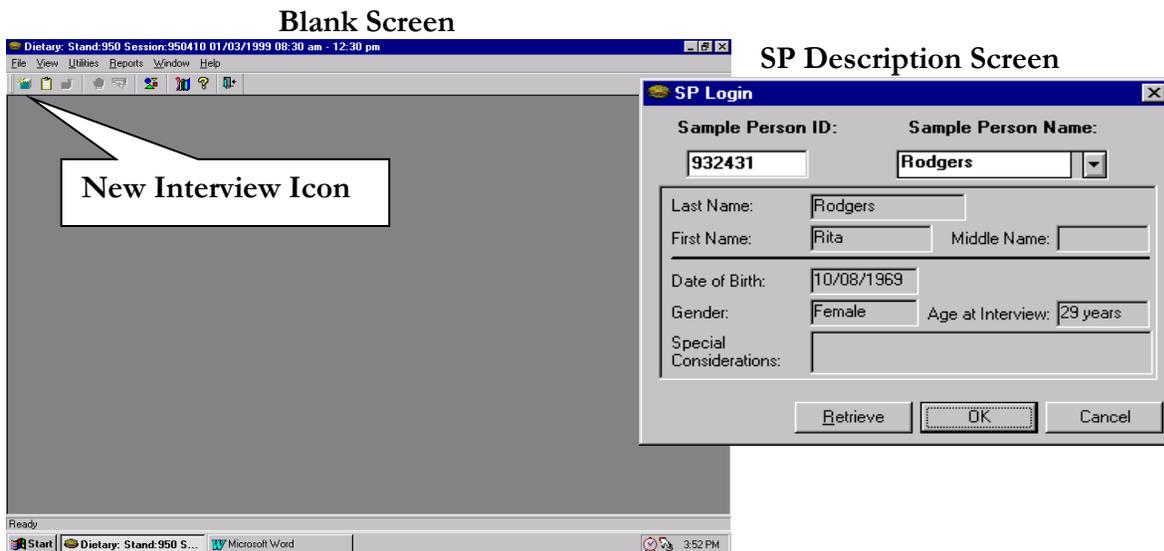
When the SP enters the dietary interview room, you will first use the barcode wand to read the barcode on the respondent's ID bracelet. The area of the bracelet with the barcode must be held flat to be read. If the SP has a small wrist, you can flatten this section of the bracelet by inserting two of 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 OK.

The next screen (Exhibit 4-21) 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 his or her own recall and then acts as the proxy for his or her young child. Select "Yes" only when the respondent is the same respondent from the prior interview.

Exhibit 4-21.   Back-to-Back Interview screen

You will next get a screen asking for permission to record the interview (Exhibit 4-22). Details about recording can be found in Chapter 9.

Exhibit 4-22.   Permission to Record Interview screen

Conducting the 24-Hour Dietary Recall Interview 5

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.

5.1 Introduction of the MEC 24-Hour Dietary Recall Using the USDA Automated Multiple Pass Method (AMPM) Instrument

The dietary interview consists of three sections: the Dietary Recall section, the Supplement and Antacid 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 Supplement section asks the study participant (SP) about supplements and antacids taken the previous day. 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 Followup 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 in the Blaise software, and the Supplements and antacids are collected using Blaise as well. All of the Post-Recall section 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, the source of their tap water, and the use of salt at the table and during preparation, as well as special diet information.

5.2 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, like working, 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, water, soft drinks, and alcoholic beverages. 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 <u>food</u> in an occasion goes through a and b and then the program cycles each <u>occasion</u> through c, d, and e before taking you to the 5th 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.

5.3   Step 1: The Quick List Pass (QL)

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

The next screen (Exhibit 5-1) asks respondents 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 5-1.   Recall Foods and Beverages screen
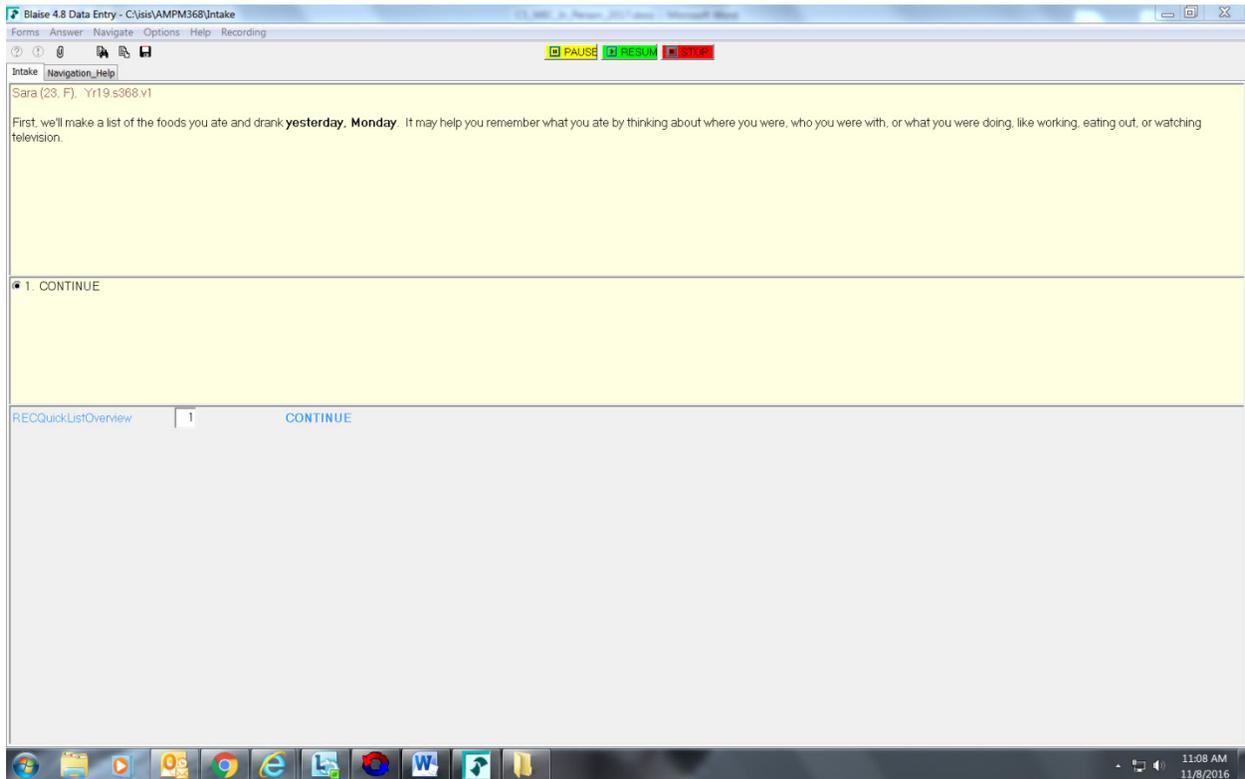
The second screen, the Respondent Food List (RFL) screen (Exhibit 5-2), is where you record all the QL foods. You will read the statement at the top and enter the food information in the FoodName column. This screen is a grid and consists of five columns that you will use to enter information.

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 5-2.   RFL screen
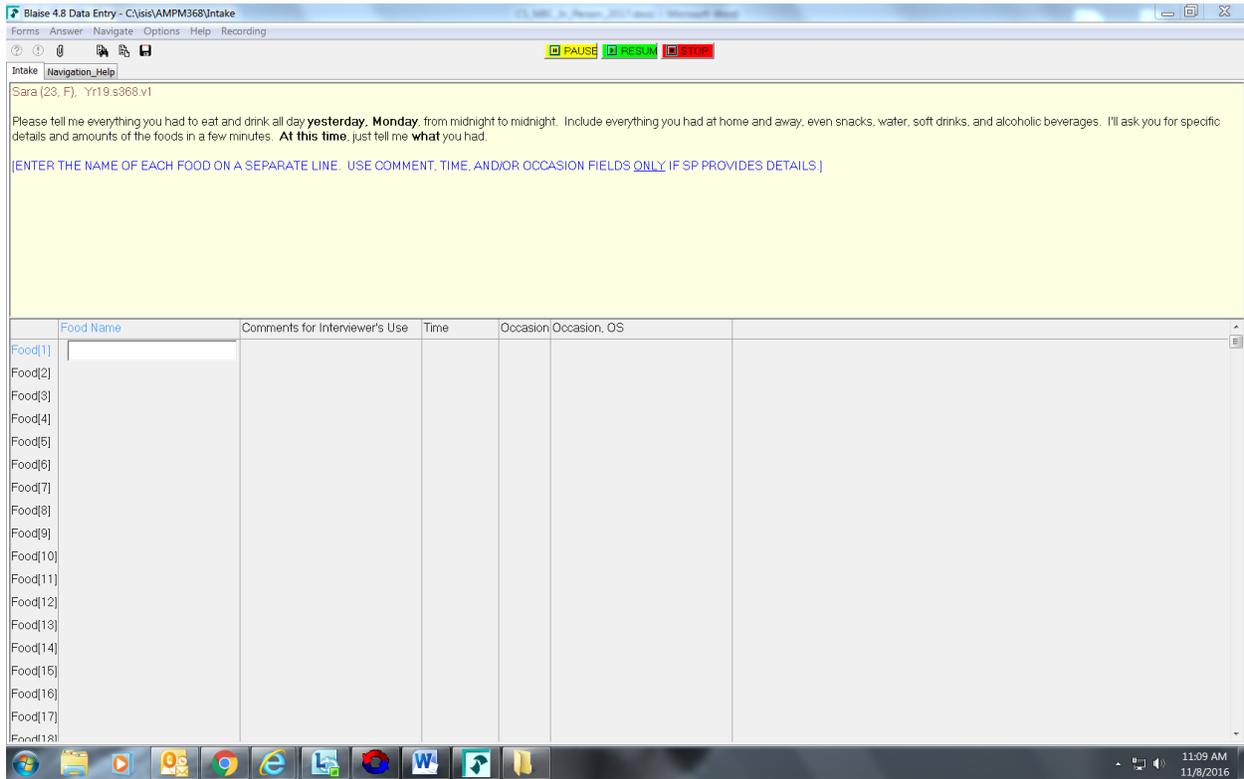
Statement. Read the statement exactly as it is written on the screen. The SP must understand that you are interested in everything that he or she ate or drank during the 24 hours of the previous day, from midnight to midnight. If the SP does not understand the time frame, re-explain, guiding the SP to "**Yesterday's Food Intake . . . Midnight to Midnight**" card (Exhibit 5-3). 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 5-3.   Yesterday's food intake card
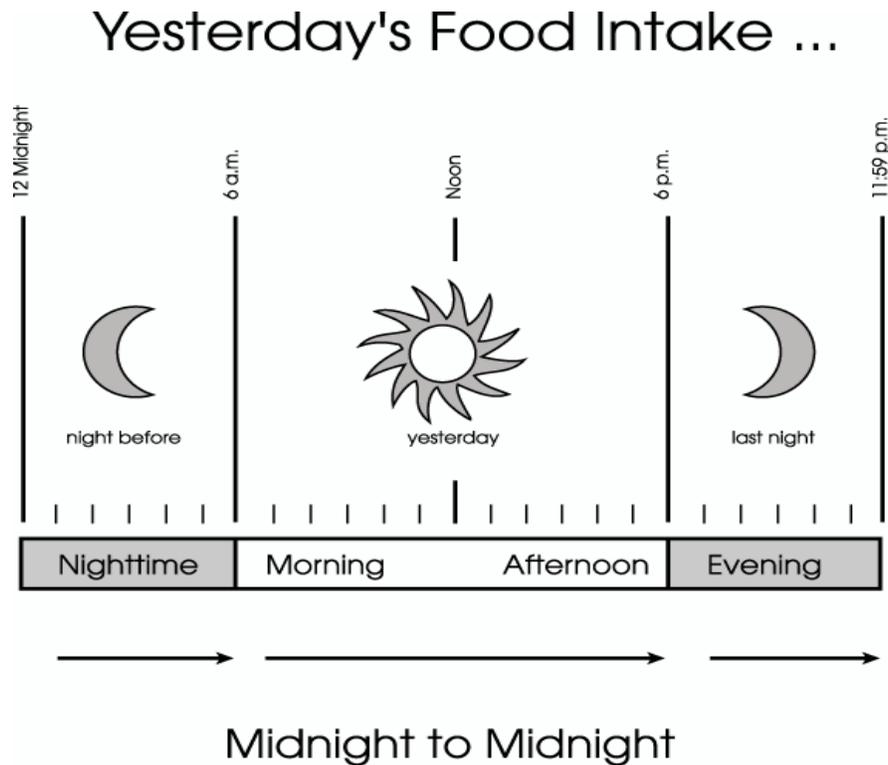
Emphasize that respondents should tell you **everything they ate or drank** including snacks and food they ate or drank at home or away from home. You do not need to collect information about vitamins and mineral supplements in a pill or liquid form. **Do not interrupt or probe** while the respondent is listing the foods on the QL pass. However, if you cannot understand the respondents 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 Food Name column, which is the first column of the RFL. Foods reported by respondents are entered in this column (Exhibit 5-4).

Exhibit 5-4.   Food name column
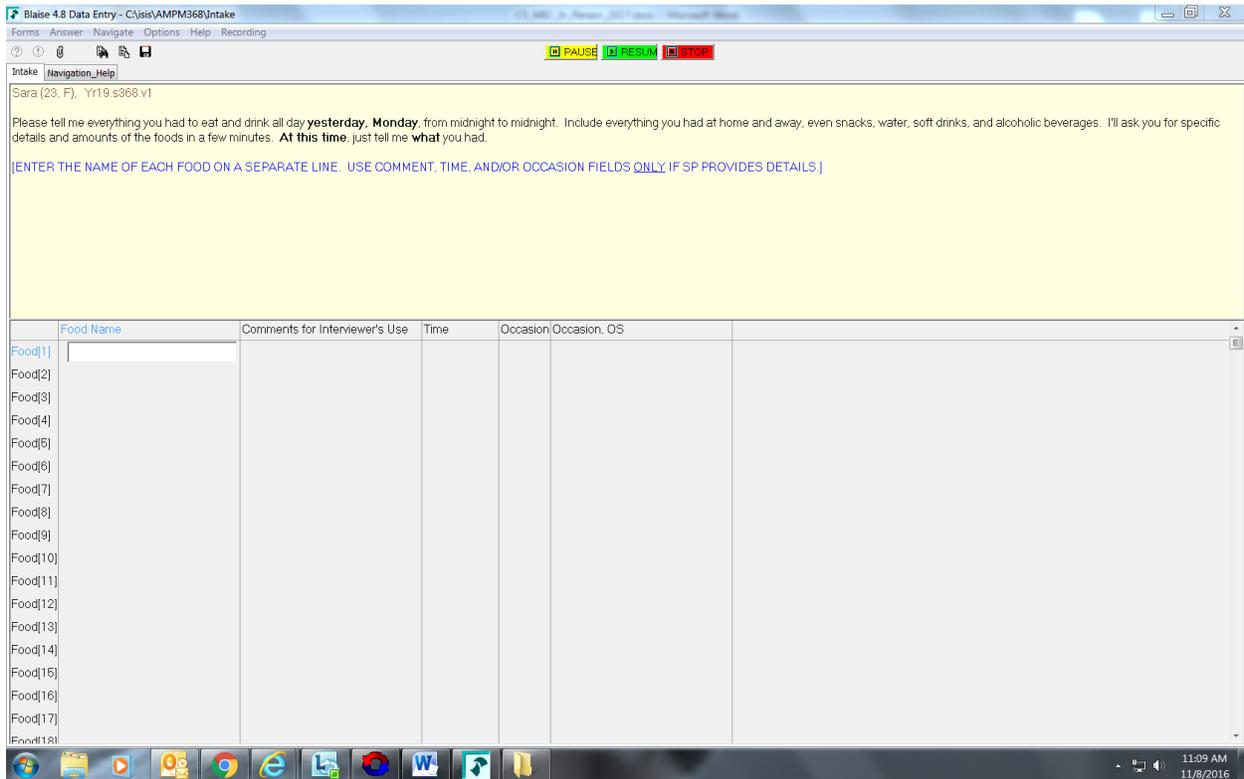
As you begin to type a food name, you will access the Main Food List (MFL). The MFL is a list of over 2,600 foods that you will use any time you enter foods on the RFL (Exhibit 5-5). (See Section 5.3.1 for details on the MFL.)

Exhibit 5-5.   Trigram search
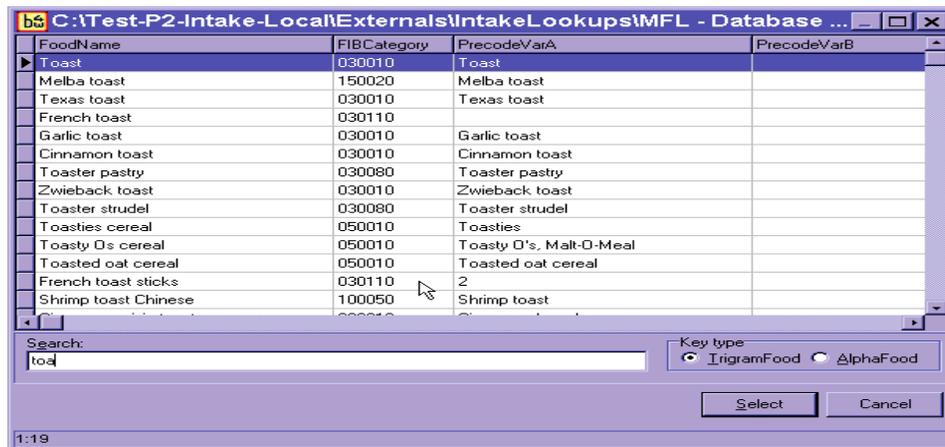
In most cases, you must enter at least <u>three</u> letters of a food name to access the MFL. In general, the more letters entered, the greater the likelihood of a match. However, certain two-letter abbreviations will access frequently reported foods. (See Section 5.3.1 for details on MFL search strategies.)

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 Food Name field (Exhibit 5-6).

To get to the next available Food Name 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 5-6.   RFL screen, columns 2-4
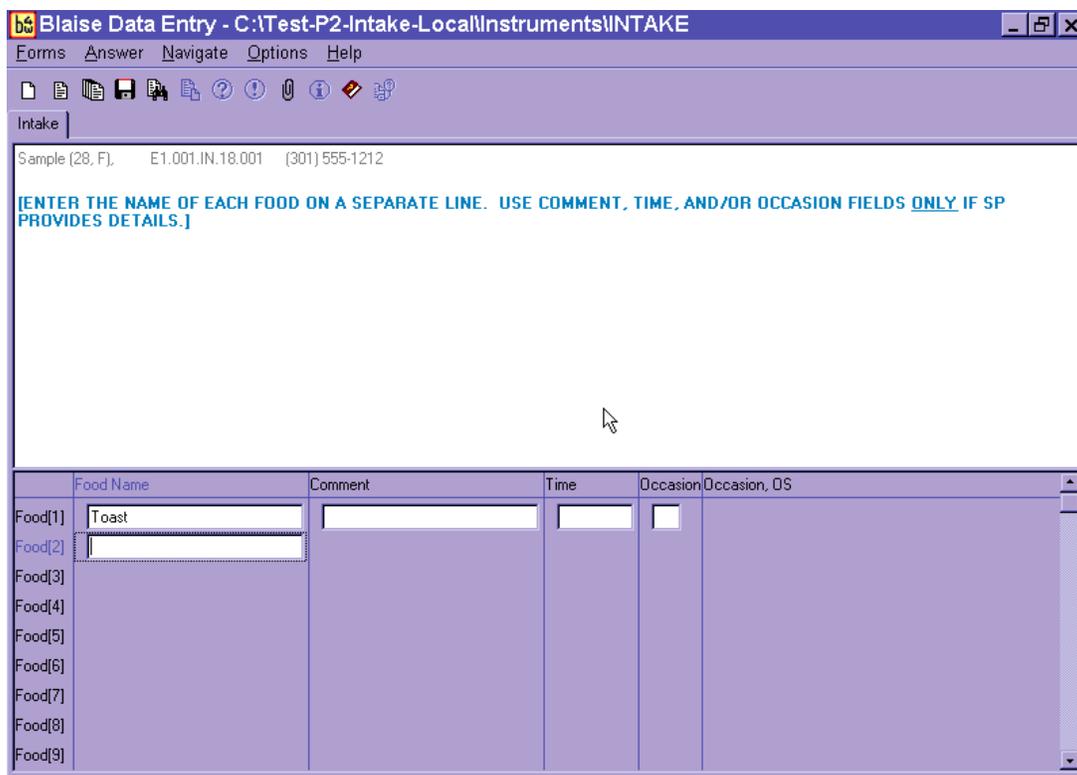
Column 2. Comment Field. The Comment field is for your use only. You can enter any information the SP reports about a food that will be helpful later. For example, if the SP reports "rice with gravy," enter "rice" in the Quick List and "gravy" in comments.

Columns 3 and 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 5.5.

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.

5.3.1   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 (Exhibit 5-7), 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 fricassee."

Exhibit 5-7.   Main Food List (MFL)

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.

5.3.1.1   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., "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 "McDonald's 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," and "pbj" for "peanut butter and jelly sandwich";

- 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 5-8).

Exhibit 5-8. 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	Wine	wine
Gravy	gra		
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 5-9).

Exhibit 5-9. **Generic food names**

Generic foods	
Alcoholic drink	Milk
Alcoholic mixed drink	Milkshake
Appetizer	Mixed drink
Baby formula	Nonalcoholic drink
Bread	Nuts
Breakfast bar	Oil
Cake	Pasta
Candy	Pastry
Casserole	Pie
Cereal	Pizza
Cereal bar	Pop
Cheese	Poultry
Chicken	Powdered breakfast drink
Chinese food	Protein powder
Chips	Protein supplement drink
Coffee	Pudding
Cookie	Punch
Crackers	Rice
Cream	Salad
Curry	Salad bar
Dessert	Salad dressing
Dip	Sandwich
Drink	Sauce
Dumpling	Seafood
Egg	Seeds
Fast food biscuit	Shake
Fast food sandwich	Smoothie
Fish	Snack
Flavored drink	Soda
Formula	Soft drink
Frozen breakfast	Soup
Fruit	Spaghetti
Hamburger	Spread
Happy meal	Stew
Hot cereal	Stir fry
Ice cream	Sugar substitute
Juice	Sushi
Kid's meal	Syrup
Liquor	Tea
Meal replacement bar	Tempura
Meal replacement drink	Vegetables
Meal replacement powder	Water
Meat	Wine
Mexican food	Yogurt

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

- **Food Names** such as "oj" for Orange juice;

- **Forms** of food such as "bbq" for Barbeque;

- **Brand names** such as "KFC" for Kentucky Fried Chicken; and

- **Descriptive terms** such as "w" for "with."

Exhibit 5-10 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 5-10.   Table of abbreviations on MFL

MFL abbreviation	MFL food
1 milk	1% milk
2 milk	2% milk
Bbq	Barbecue
BLT	Bacon, lettuce, and tomato sandwich
Din	Dinner
KFC	KFC Rice Bowl
lite	Light
Oj	Orange juice
PB	Peanut butter sandwich
Pbj sandwich	Peanut butter and jelly sandwich
w	With

Ethnic Foods. There are many ethnic foods on the MFL, particularly Mexican and Chinese foods. The foods are listed below (Exhibits 5-11 and 5-12). 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 5-11.   Table of Mexican foods on MFL

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

Exhibit 5-12.   Table of Chinese foods on MFL

Chinese food	
Almond chicken Chinese	Nissin noodle soup
Beef and broccoli Chinese	Orange beef Chinese
Beef fried rice	Orange chicken Chinese
Beef lo mein	Pad thai noodles
Beef w vegetables Chinese	Pepper steak Chinese
Cashew chicken	Pork fried rice
Chicken chow mein	Pork lo mein
Chicken fried rice	Pork w vegetables Chinese
Chicken lo mein	Pot sticker
Chicken teriyaki	Sesame beef Chinese
Chicken w broccoli Chinese	Sesame chicken Chinese
Chicken w vegetables Chinese	Sesame pork Chinese
Chinese rice	Shrimp fried rice
Chop suey	Shrimp lo mein
Chow mein	Shrimp teriyaki
Crab Rangoon	Shrimp toast Chinese
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
Hot and sour soup	Sweet and sour pork
Hunan beef	Sweet and sour shrimp
Hunan chicken	Szechuan beef
Hunan pork	Szechuan chicken
Hunan shrimp	Szechuan pork
Kung Pao	Szechuan shrimp
Kung Pao chicken	Tofu w vegetables
Lemon chicken Chinese	Vegetable fried rice
Lo mein	Vegetable lo mein
Lumpia	Wonton Chinese
Miso soup	Wonton soup
Moo goo gai pan	
Moo shi	
Moo shi pork	

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 Exhibit 5-13.)

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 5-13.   Table of occasions, places, and generic foods on the MFL

Occasions/places/generic foods on the MFL	
Appetizers	Hors d'oeuvres
Breakfast	Kid's meal
Buffet	Lunch
Chinese food	Mexican food
Church supper	Salad bar
Dessert	School breakfast
Dinner	School lunch
Drink	Snack
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.

5.3.2   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 5-14).

Exhibit 5-14.   Leaving the QL pass
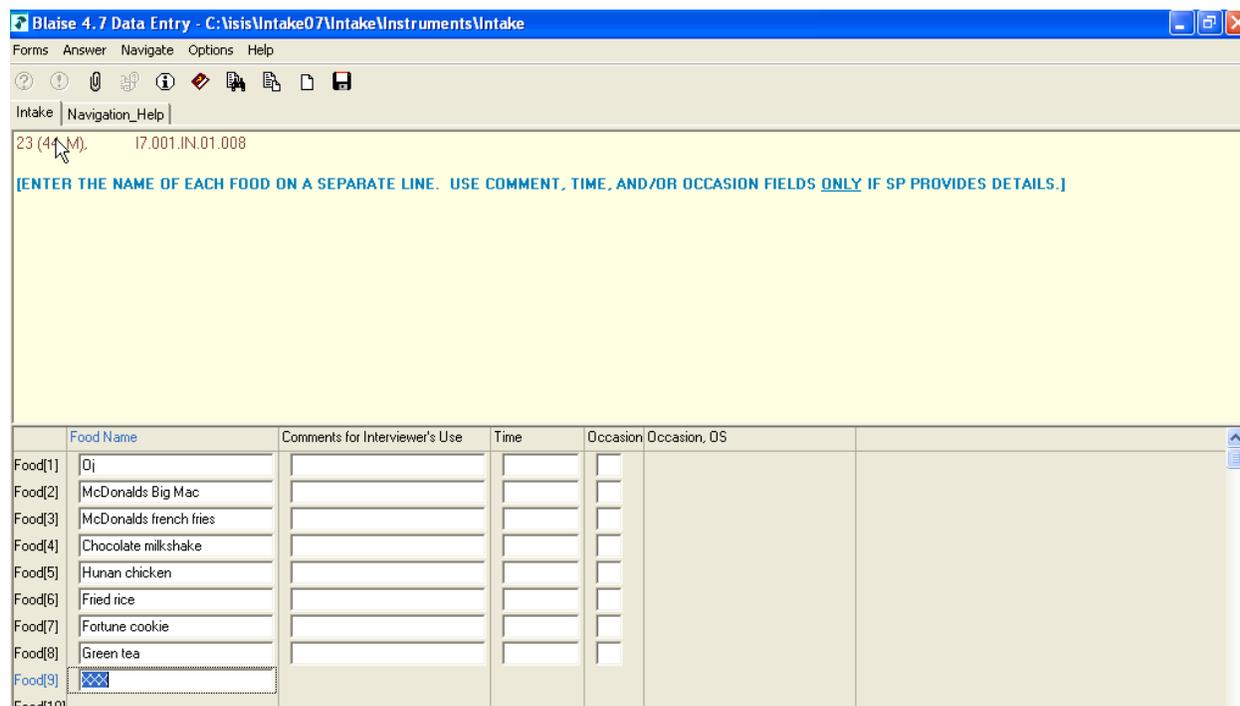
A maximum of 40 foods can be entered on the RFL. If more foods are reported, you will record them in the Remark Box (F6 function key). See Chapter 8 for details on recording 40+ foods.

5.4   Step 2: The Forgotten Foods List (FFL)

The Forgotten Foods List (FFL) is Step 2 of the instrument (Exhibit 5-15). It consists 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; and

■ Anything else.

Exhibit 5-15. Forgotten Foods List (FFL)

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. Instead, type "3" and the AMPM will take you back to the RFL to enter the food.

Notice that on the screen (Exhibit 5-16), 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).

Exhibit 5-16.   FFL – code all that apply (CATA) responses

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 though 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 (Exhibit 5-17) and will need to correct your entry.

Exhibit 5-17.   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 (Exhibit 5-18). Press ENTER twice and END to navigate to the next appropriate question. The steps are summarized below.

Exhibit 5-18.   Type XXX to leave RFL

C:\Test-P2-Intake-Local\Externals\IntakeLookups\MFL - Database ...			_ □ ✕	
FoodName	FIBCategory	PrecodeVarA		PrecodeVarB
▶ XXX				

Search:
xxx

Key type
⊙ TrigramFood   ○ AlphaFood

Select   Cancel

1:1

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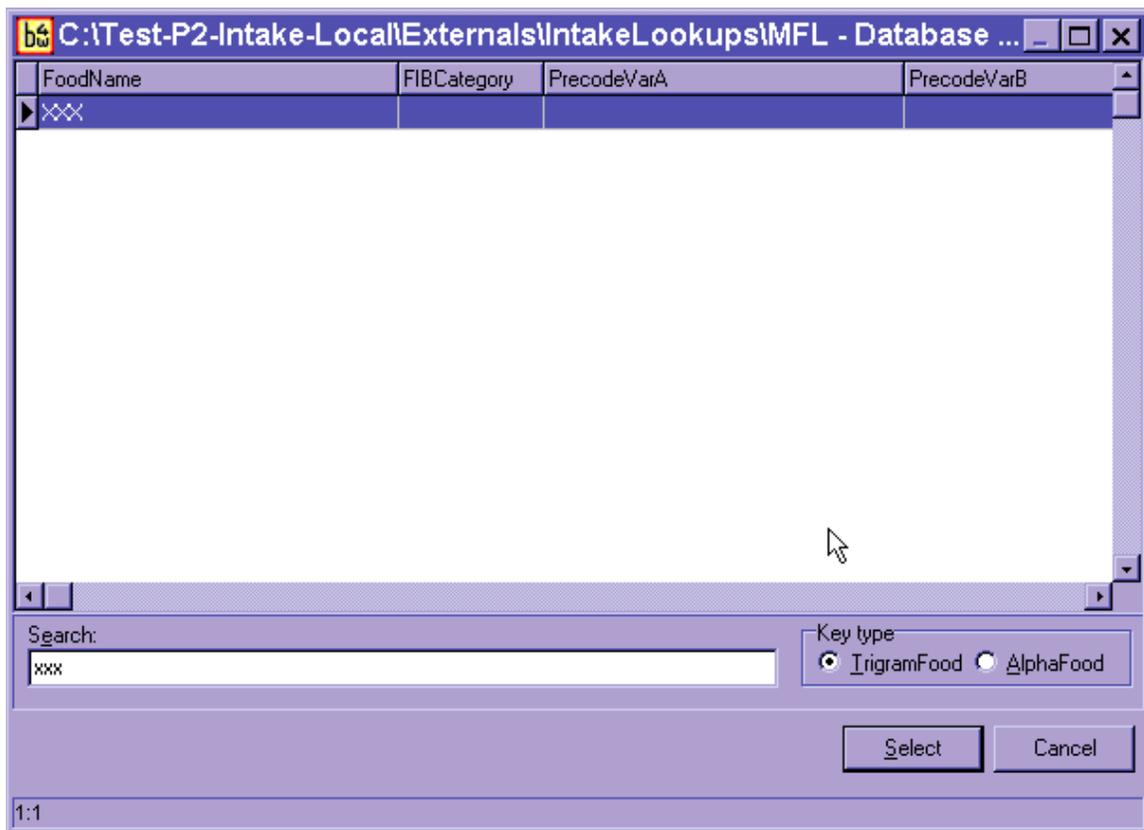
(1) Enter food on RFL;
(2) Ask "Anything Else?" probe (and enter new foods on the RFL);
(3) Type "XXX" and press ENTER twice;
(4) Press END.

Make sure the respondent understands that you are asking about foods **in addition** to the ones reported on the Quick List (Exhibit 5-19). 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 5-19.   FFL – anything else question

After the last probe of the FFL, "Anything Else?," you will see an Edit screen (Exhibit 5-20) asking you to enter the time for the first reported food.

Exhibit 5-20.   Edit screen to go to time and occasion pass

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.

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

The Time and Occasion pass is Step 3 of the AMPM (Exhibit 5-21). 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 5-21.   Time question on RFL

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 re-enter 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 (Exhibit 5-22). 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 5-22. Enter time on RFL

As shown in the example below (Exhibit 5-23), the interviewer entered "6" in the time field and the program displayed 6:00AM as the default.

Exhibit 5-23.   Time defaults to AM

In this example, the interviewer typed "1" and "p" to enter "1:00PM" (Exhibit 5-24).

Exhibit 5-24.   Enter "PM"

If respondents report different meals at the same time, you will see a hard edit, as shown below (Exhibit 5-25). 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 5-25.   Hard edit when entering different meals at same time

If Breakfast has a PM time, or Lunch has an early AM time or late PM time, or Dinner has an AM time, a soft edit will appear. Click on 'Goto' to adjust the time or occasion as necessary.
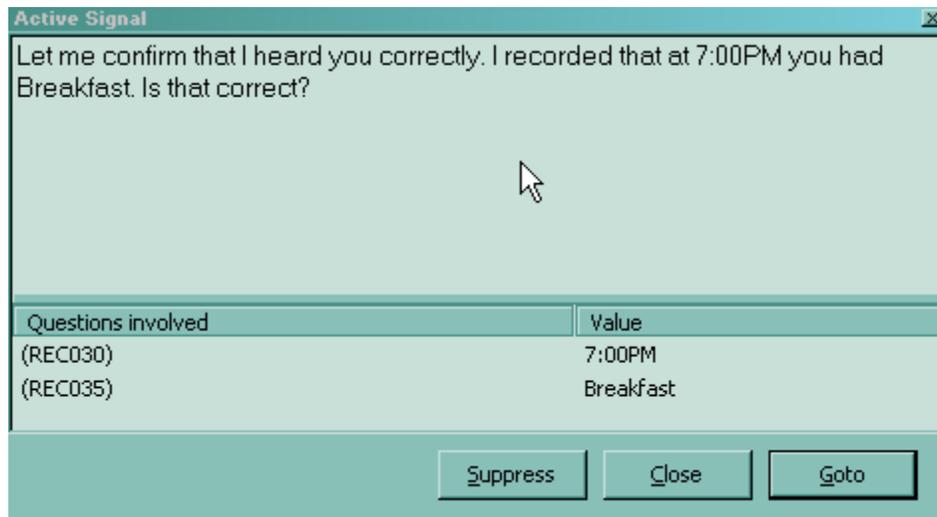
If respondents don't know the exact time the eating occasion began, you must probe for an approximate time. If they cannot provide an approximate time, you will enter a default time for the occasion reported (Exhibit 5-26). As a reference, you will be provided a hand card containing a list of the default times for each reported occasion. Do not state the time during the details pass, but say the occasion.

Exhibit 5-26. Default times when SP doesn't know the time

The Occasion Question asks the respondent to name the eating occasion at which each food was eaten or drunk. Refer 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 5-27).

Exhibit 5-27.   Eating occasion question on RFL
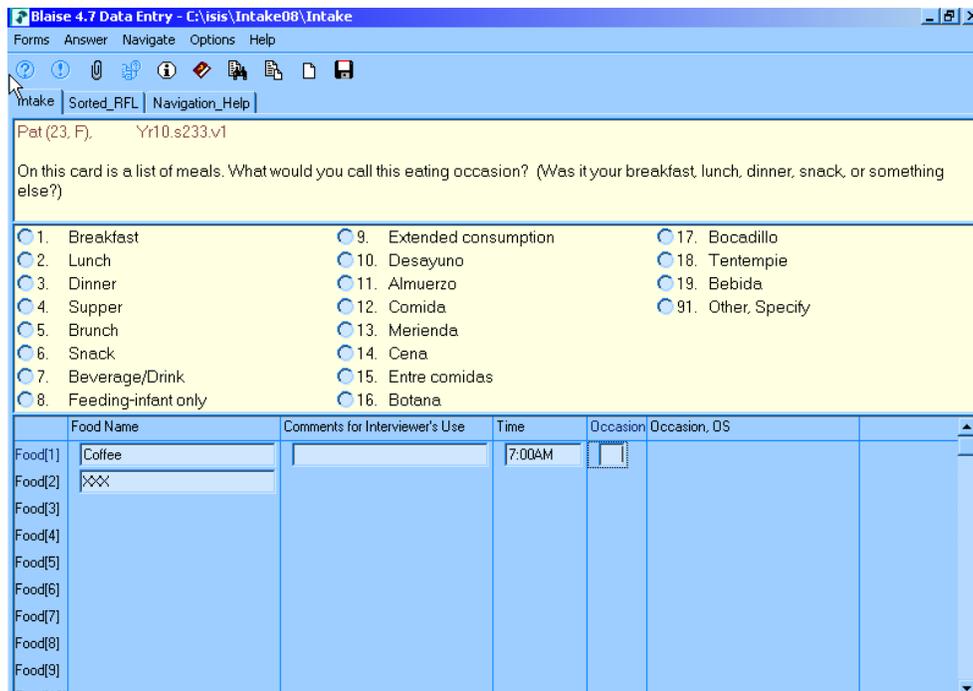
If the respondent reported the eating occasion while completing either the QL or the FFL pass, confirm the occasion you have already recorded in the Occasion column on the RFL screen.

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 be chosen only 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) she 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 she 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 (Exhibit 5-28), you will type "91" (Other, Specify) and type the response verbatim in the blank field under the Occasion OS column.

Exhibit 5-28. Eating occasion – other, specify

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.
> (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.

5.6 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 shown in the flowchart (Exhibit 5-29), 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.

Exhibit 5-29.   Step 4. The detail and review cycle

MIDNIGHT

BETWEEN *OCCASION* PROBE

1st EATING OCCASION

-Details, Amount, Source
-Review of Occasion
-Location Eaten

BETWEEN *OCCASION* PROBE

2nd, 3rd, 4th... EATING OCCASION

-Details, Amount, Source
-Review of Occasion
-Location Eaten

BETWEEN *OCCASION* PROBE

LAST EATING OCCASION

-Details, Amount, Source
-Review of Occasion
-Location Eaten

BETWEEN *OCCASION* PROBE

MIDNIGHT

(REMAINDER FOODS)

EATING OCCASIONS

INTERVALS

5.6.1   Measuring Guide Instructions Screen

The first screen in this series (Exhibit 5-30) introduces the respondent to the measuring guides. Read the script, then enter "1" and continue.

Exhibit 5-30.   Measuring guide instructions screen
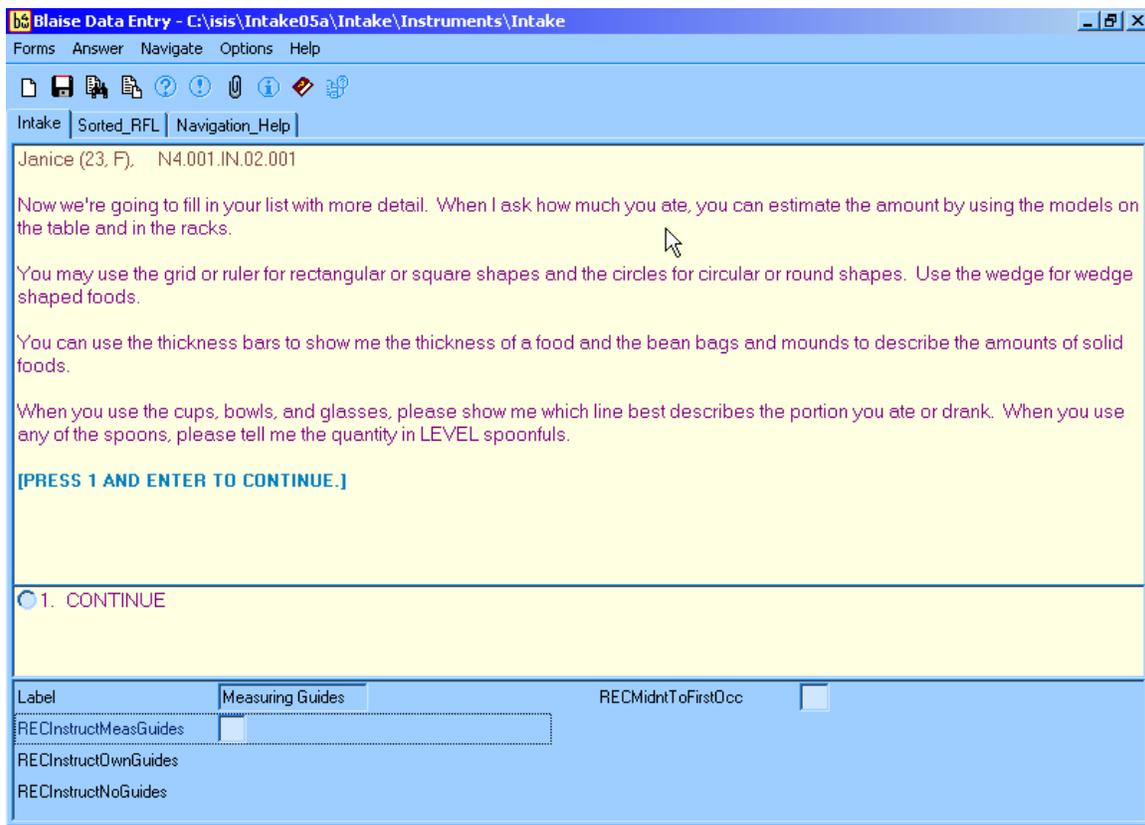
5.6.2   Midnight to First Occasion Probe

This probe (Exhibit 5-31) 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 5-31. Midnight to first occasion probe

Note that the probe is prefilled with the time and eating occasion (7AM 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 and your 7AM toast?"

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.

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.

> (1) Ask anything else?
> (2) Type "XXX" and press ENTER twice.
> (3) Press END.

5.6.3   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 5-32).

Exhibit 5-32.   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.

5.6.3.1   Sequence of Screens

The screen shown next (Exhibit 5-33) 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.

Exhibit 5-33.   Continue/redo screen

The next screen, shown below (Exhibit 5-34), is the Category Start screen that links to the Food Categories.

Exhibit 5-34.   Category start screen

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 refer only 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., "Misreported," "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 (Exhibit 5-35) will appear. This signifies that you have completed the food probes.

Exhibit 5-35.   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.

5.6.3.2   Food Category Details

There are 128 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 a bun.

- **Group 4.** Contains a few categories that do not fit in the other groups. These are 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 (Exhibit 5-36) 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 followup probe is in parentheses. Ask the followup probe if the respondent hesitates or doesn't understand the first probe. Note that the followup 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 5-36.   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 apple) or cheese (cheddar or Swiss). May also refer to a name of a food, such as Chicken à 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 Kentucky Fried Chicken (KFC) and The Country's Best Yogurt (TCBY).

- **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; and
>
> — 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 Grilled Chicken Sandwich for lunch, the AMPM will "prefill" all the food detail probes (kind and type). You skip the first questions and start by asking if the sandwich was from a fast food place, as illustrated in the screen below (Exhibit 5-37).

Exhibit 5-37.   Prefilled responses
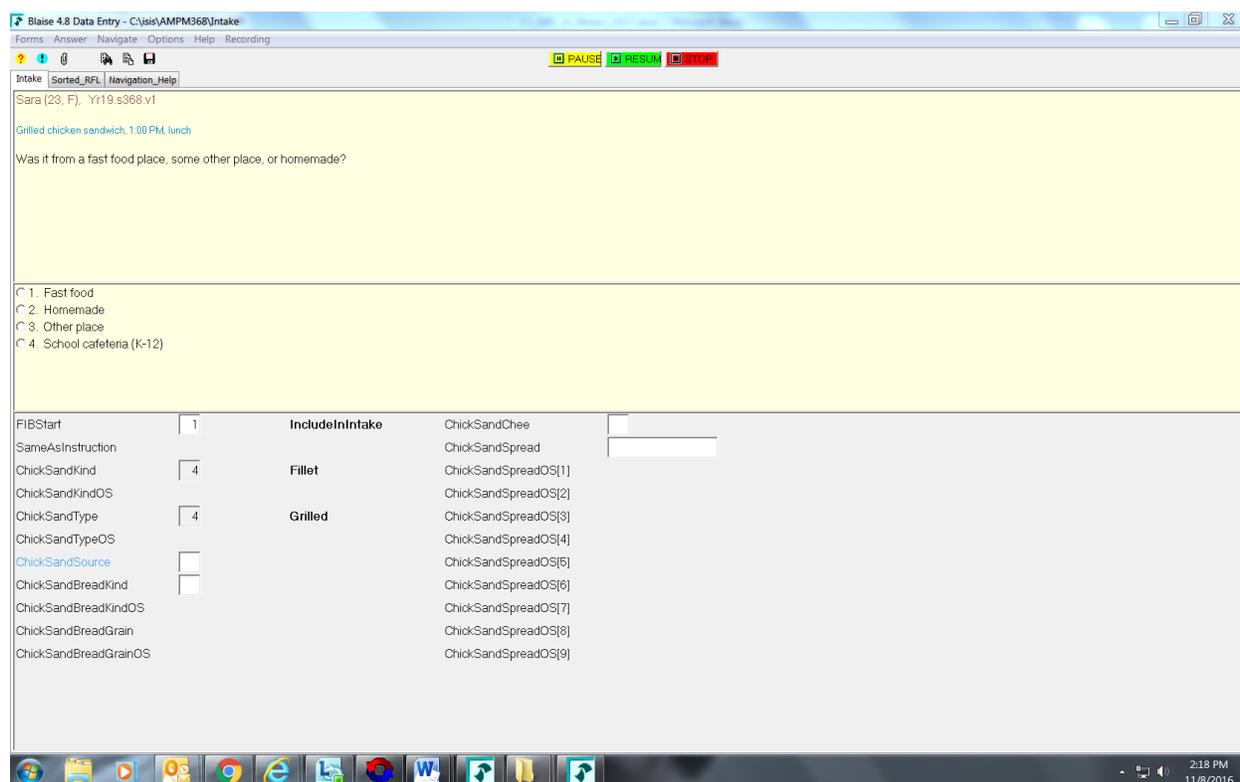
How to Record Probe Responses. You must record a response to every probe asked in the food categories. The response choice will be either listed on the screen or listed in a table called a Look-Up Table (LUT). Food probes that have too many response choices to fit on a screen will store the

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 (Exhibit 5-38), when probes ask for the kind of milk drunk or used in a recipe, it makes sense to choose "1 percent" or "2 percent" by selecting "1" or "2." See screen example below.

Exhibit 5-38.   Response items
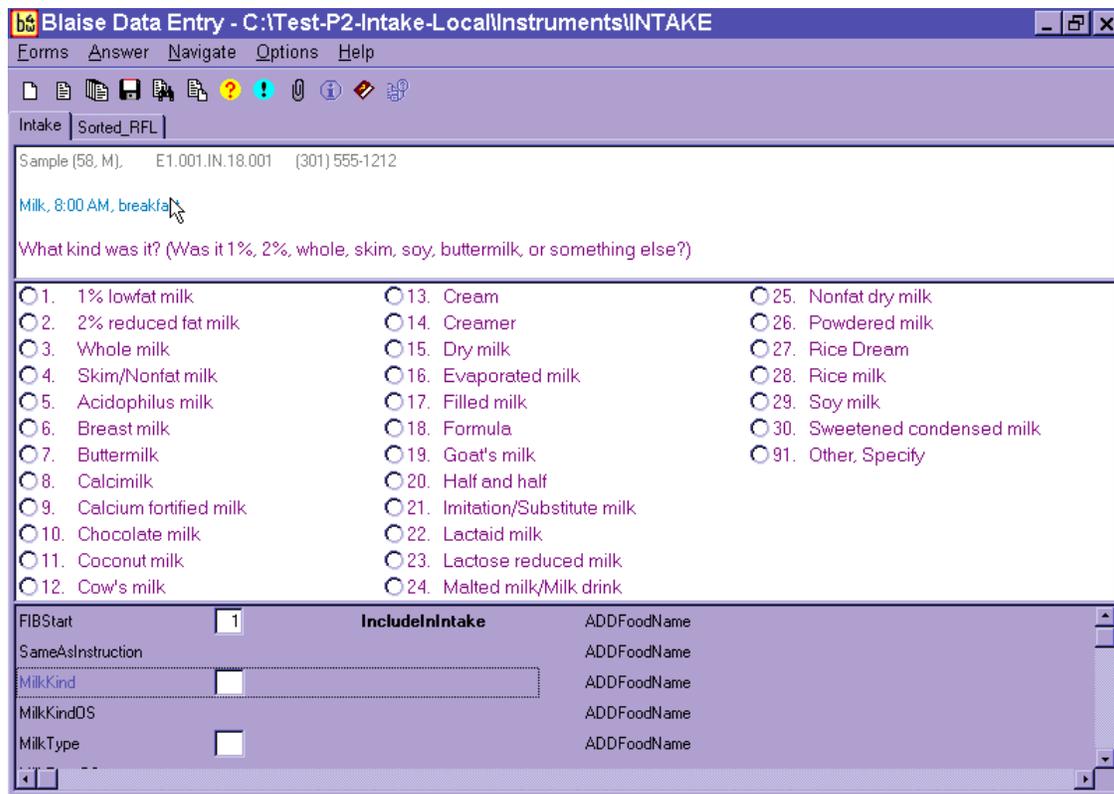
Unit response items are typically grouped in like units such as volume, weight, general units, and food models; and listed in ascending order of volume or size. Details on recording unit responses are described in Section 5.6.3.4.

You must enter a response item code or record the respondent's answer in one of the 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 5-39).

Exhibit 5-39.   Number list responses
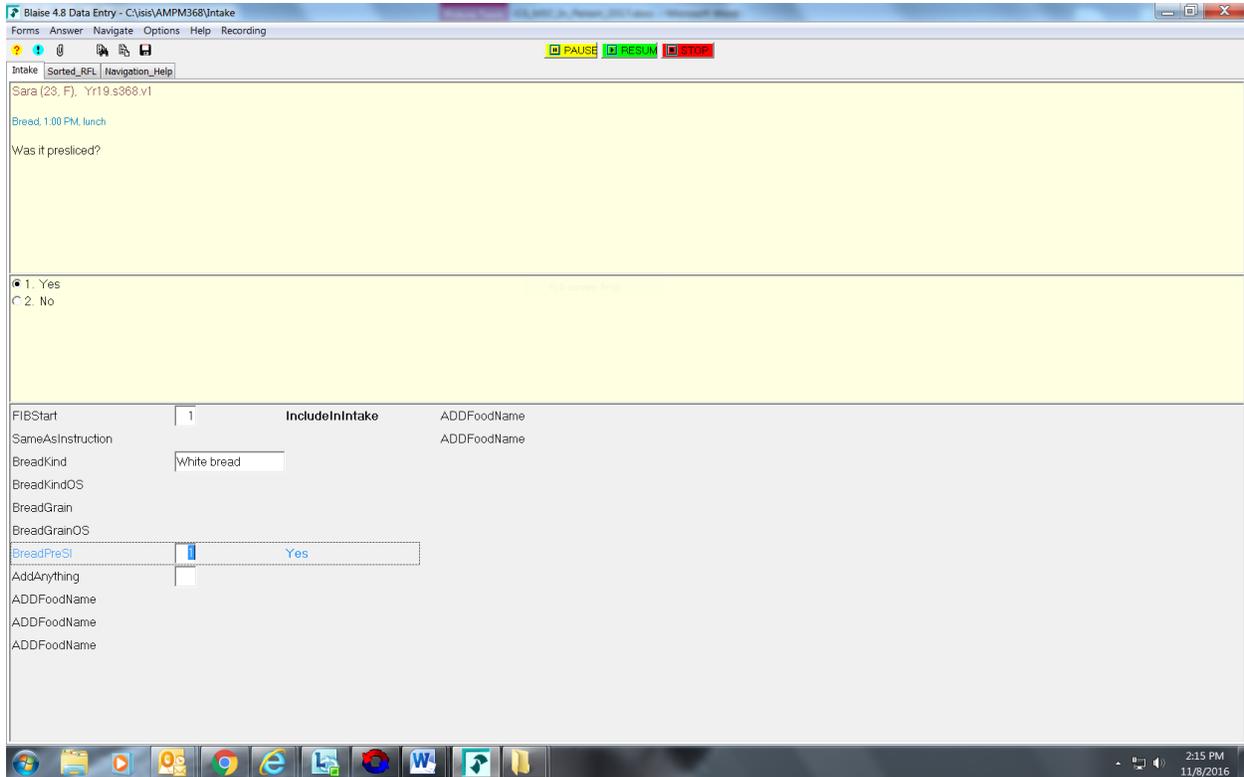
2. **Choose One Response from Look-Up Tables.** When there are too many response items to fit on a screen, a Look-up Table (LUT) is used to hold the responses. You will know when a food probe contains a LUT because there will be no response items to choose from on the screen. LUTs are used for both single response and multiple response probes. Searching for a food on the LUT is the same as the trigram searching discussed in the MFL section (5.3.1). The LUT shown next (Exhibit 5-40) will appear when you enter a response to the kind probe for bread.

Exhibit 5-40.   Look-up Table (LUT) responses

As in the MFL trigram search, the search finds the foods that best match the search term, in this case "wheat bread." You <u>cannot use the abbreviations on the MFL</u> 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, CATAs include: TYPE, FAT, and INGREDIENTS.

There are three 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, followup 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 followup 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 (Exhibit 5-41).

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 5-42).

Exhibit 5-41. Table format enumerated responses
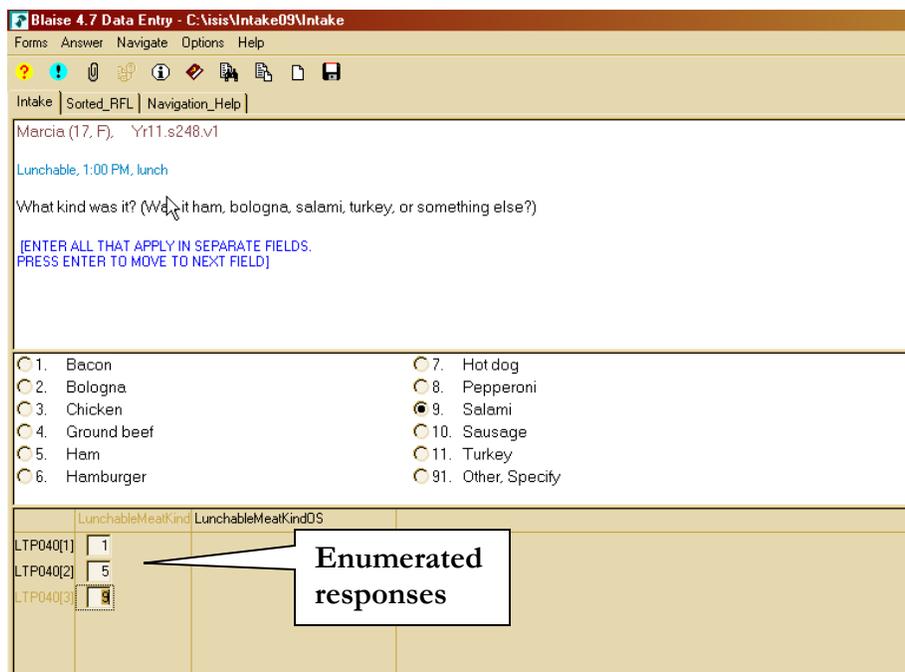
Exhibit 5-42.   Table format LUT responses
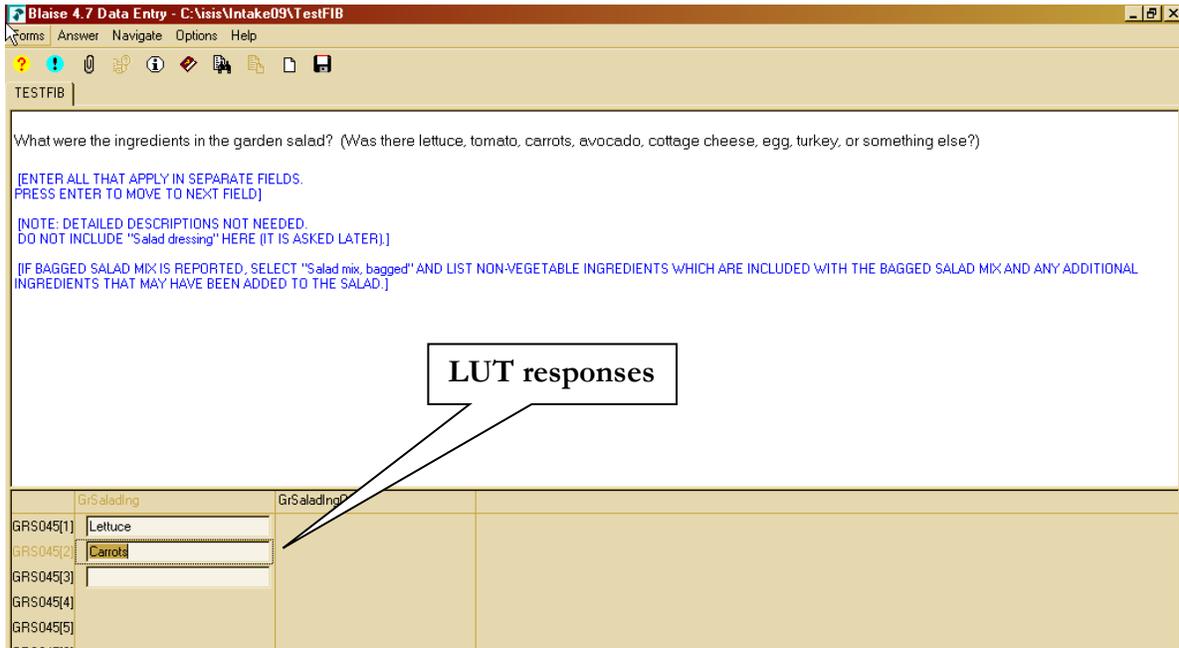
- ■ **Enumerated List.** CATA enumerated responses that require **no** followup questions are entered into a single response field and are separated by a dash. These response choices have a square button to the left of the responses. An example of a food probe with CATA responses from an enumerated list is shown below (Exhibit 5-43). All answers go in one field.

Exhibit 5-43.   Enumerated responses
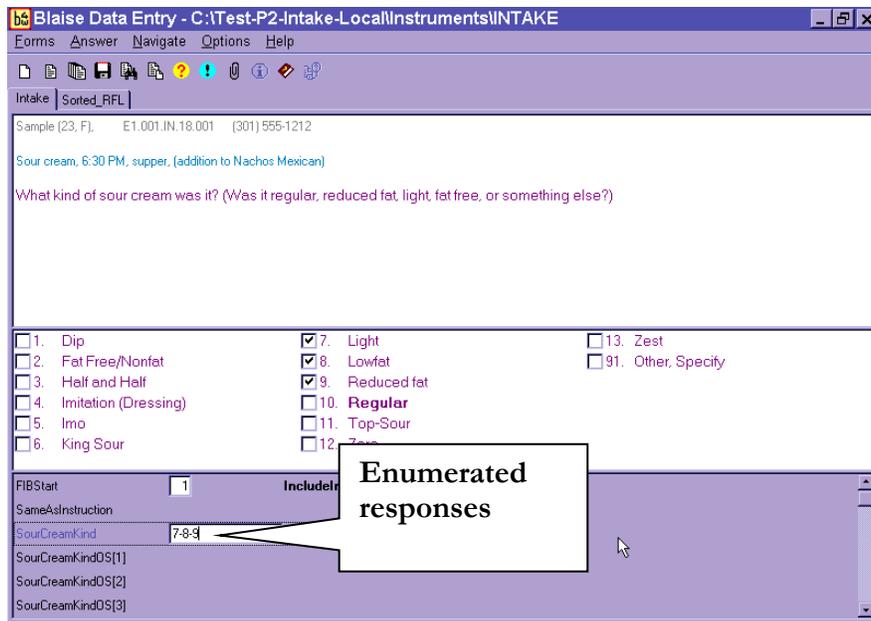
4. **Choose Refused (F7).** If the respondent will not provide the details of a food, select F7 for Refused to skip through the probes and continue with the interview. Use this key very sparingly and only when it is evident that the respondent cannot or will not provide the details (Exhibit 5-44).

Exhibit 5-44.   Refused response
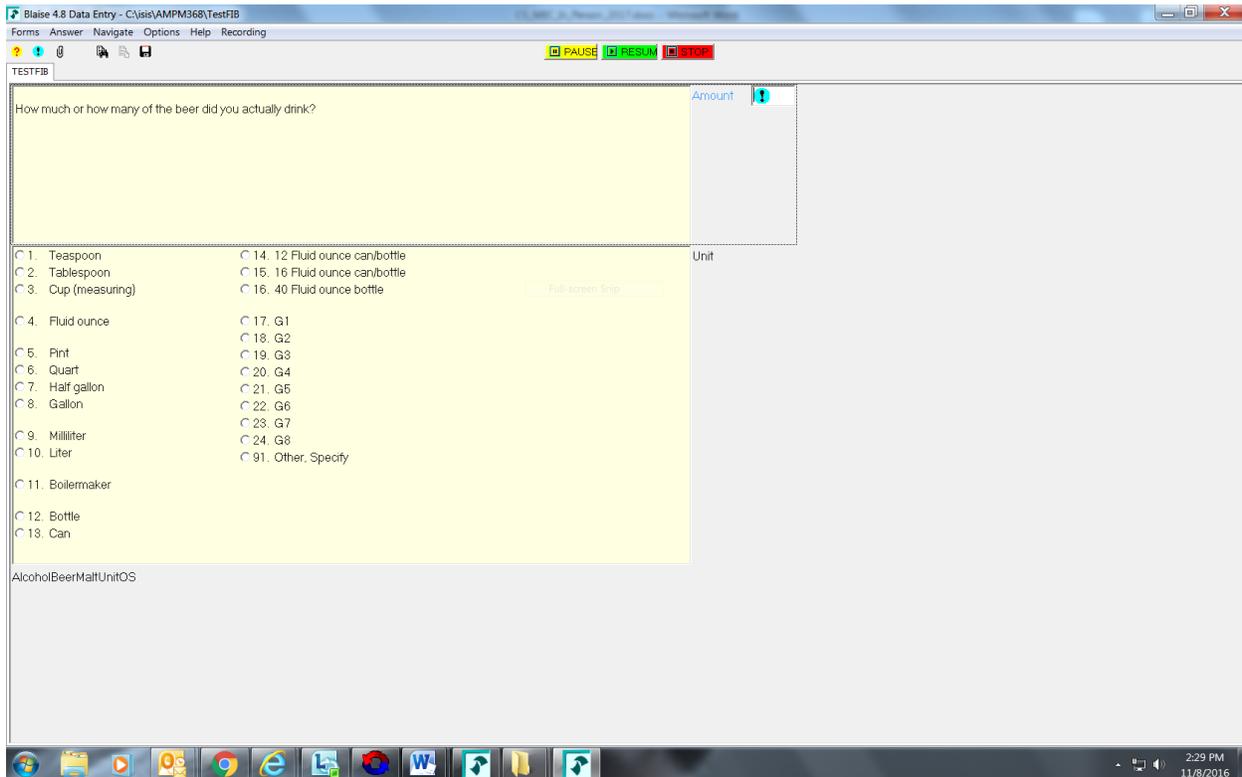
5. **Choose Don't Know (F8).** If the respondent does not know the answer, select F8 for a Don't Know response. DK is an acceptable answer (Exhibit 5-45).

Exhibit 5-45.   Don't know responses
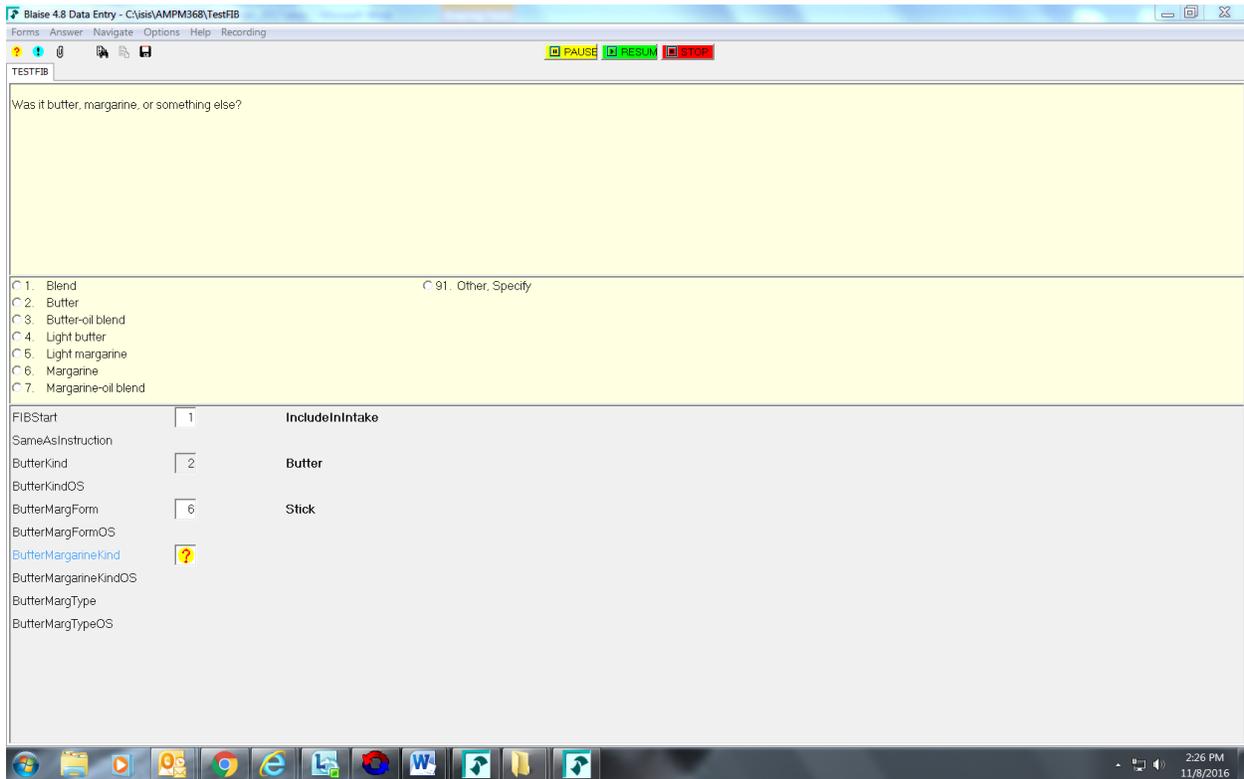
6.   **Other, Specify (91 or OS).** If the respondent's answer is not listed as one of the possible response options, you can select "Other, Specify" (OS). The OS is included on an enumerated list or a LUT.

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 (Exhibit 5-46).

If LUT – Type "OS" in a LUT and press Enter to access the text field and type in the answer.

Exhibit 5-46.   Other specific response

Linking Between Food Categories. A total of 51 of the 132 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 link only 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," that response item 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 screenshot below (Exhibit 5-47) 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 5-47.   Linking between food categories—screen 1, original category
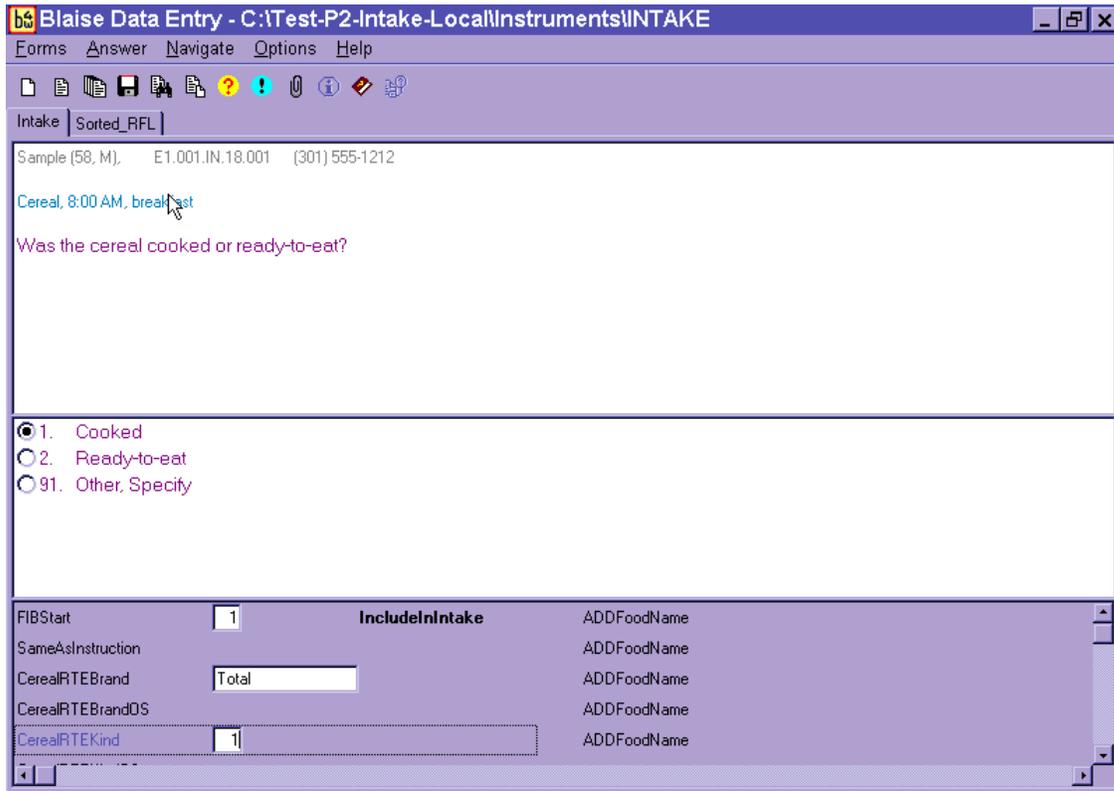
Exhibit 5-48 shows the screen that appears when the program is leaving the ready-to-eat cereal category and linking to the cooked cereal category.

Exhibit 5-48.   Linking between food categories—screen 2, finish original category
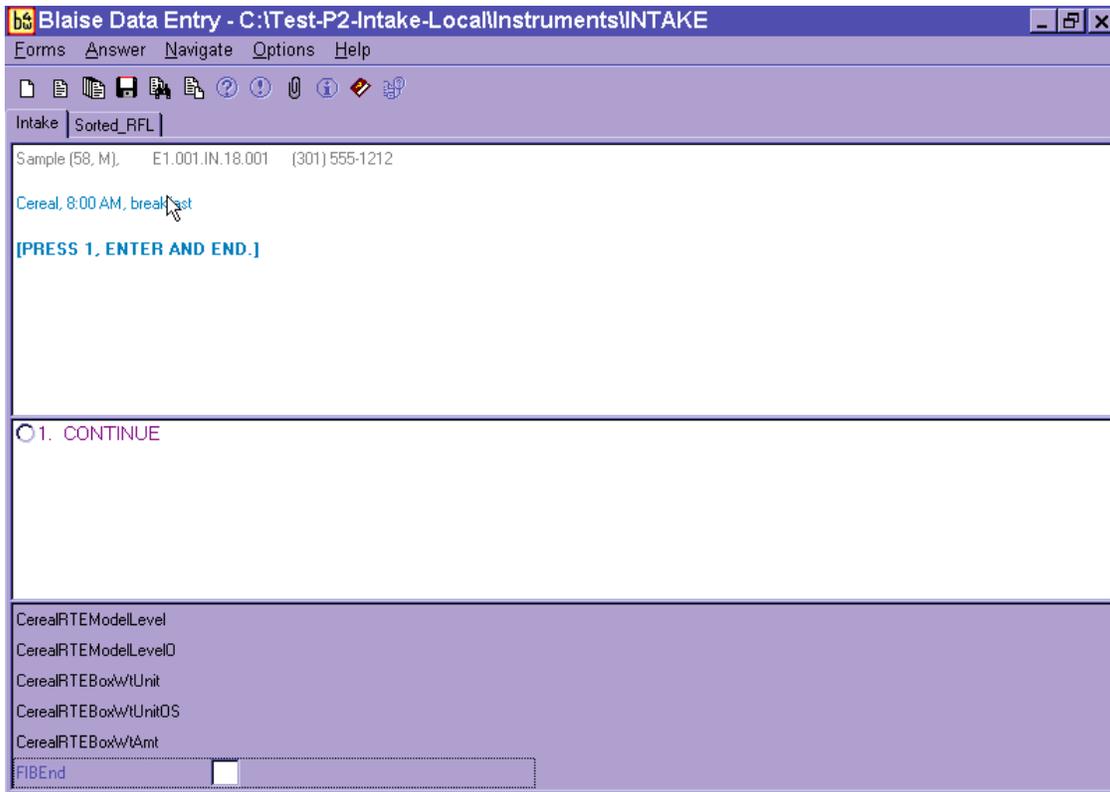
The next screen that appears (Exhibit 5-49) is the Transition screen.

Exhibit 5-49.   Linking between food categories—screen 3, transition screen
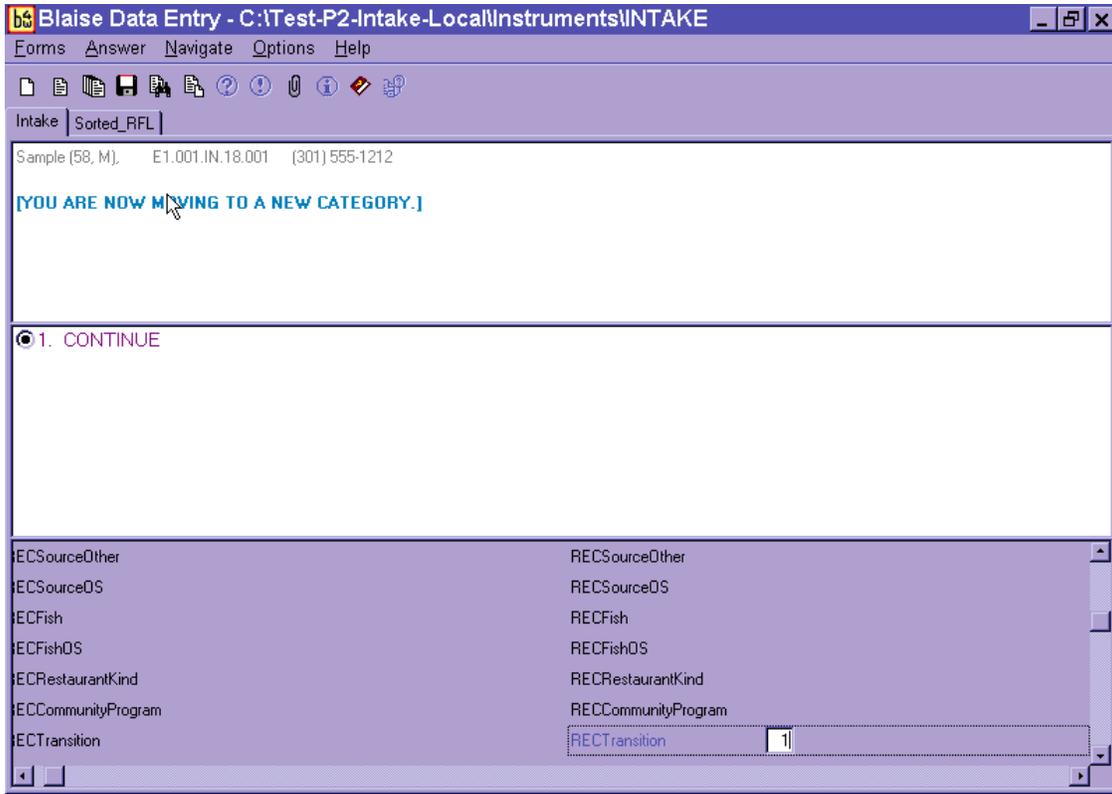
This screen lets you know that you are moving to another food category to collect the food details.

The next screen that appears (Exhibit 5-50) is the Continue/Redo screen for the Cooked Cereal.

Exhibit 5-50.   Linking between food categories—screen 4, continue/redo new category
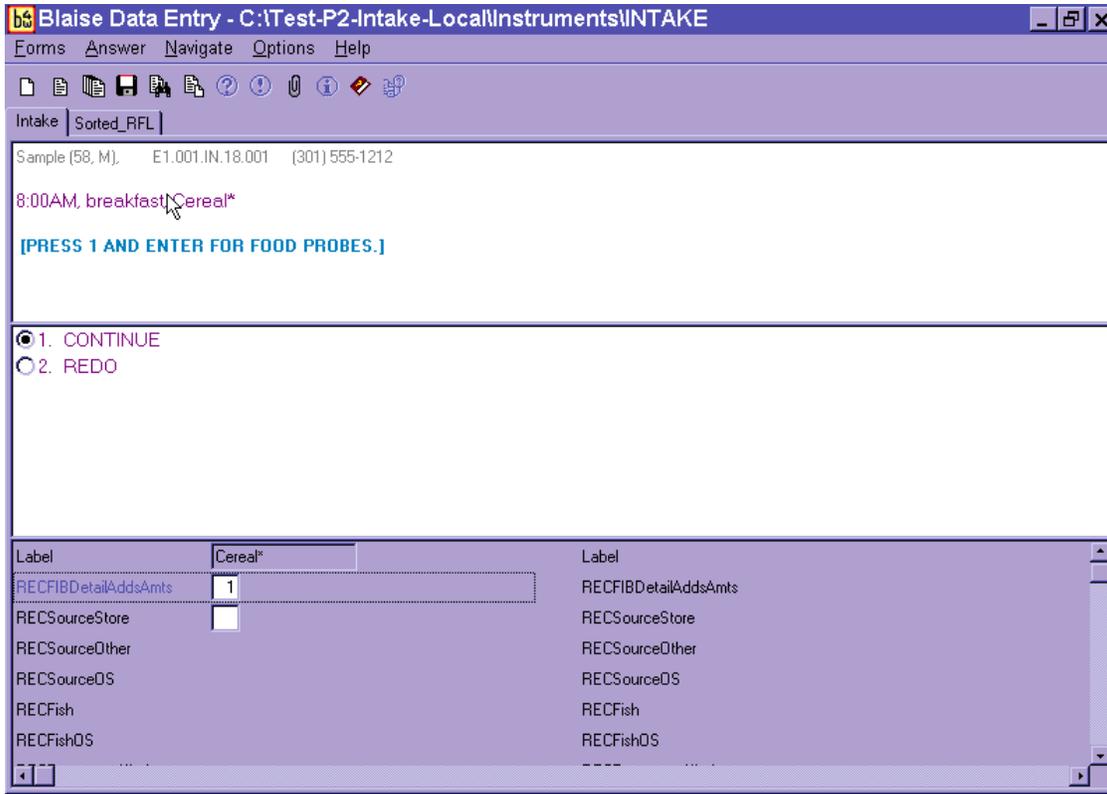
Notice that the food name is "cereal" rather than "cooked cereal." This is because the Food Header Information comes from the information you entered on the RFL. However, there is an asterisk (*) next to the food name and also an asterisk next to the food label.

Finally, you will see the beginning screen (Exhibit 5-51) for Cooked Cereal.

Exhibit 5-51.   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 (Exhibit 5-52) 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 nine response items that link to four 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 5-52.   Table of categories that link to other categories

Category name	No. of response items that link to other categories	No. of categories that response 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 5-52.   Table of categories that link to other categories (continued)

Category name	No. of response items that link to other categories	No. of categories that response items link to
Jarred (Not Dry) Baby Foods	1	1
Juices (100%), Drinks, Ades	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 (Exhibit 5-53). 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 5-53.   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. Exhibit 5-17 (in Section 5.4) illustrates an example of a hard edit.

5.6.3.3   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?" (See Exhibit 5-54) If, after hearing 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 5-54.   Addition screen

Next, you will notice that a blank text field labeled ADDFoodName opens up for you to type the first addition (Exhibit 5-55). 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 5-55.   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 (Exhibit 5-56). 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 5-56. Addition screen—Multiple additions

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 there is no additions probe when milk is reported as an addition (e.g., milk added to coffee).

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; and

- Water.

If the respondent reports an addition to a food when reporting the QL, you may add that food in the Comments field (Exhibit 5-57). 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 5-57. Add additions in comments field during QL pass
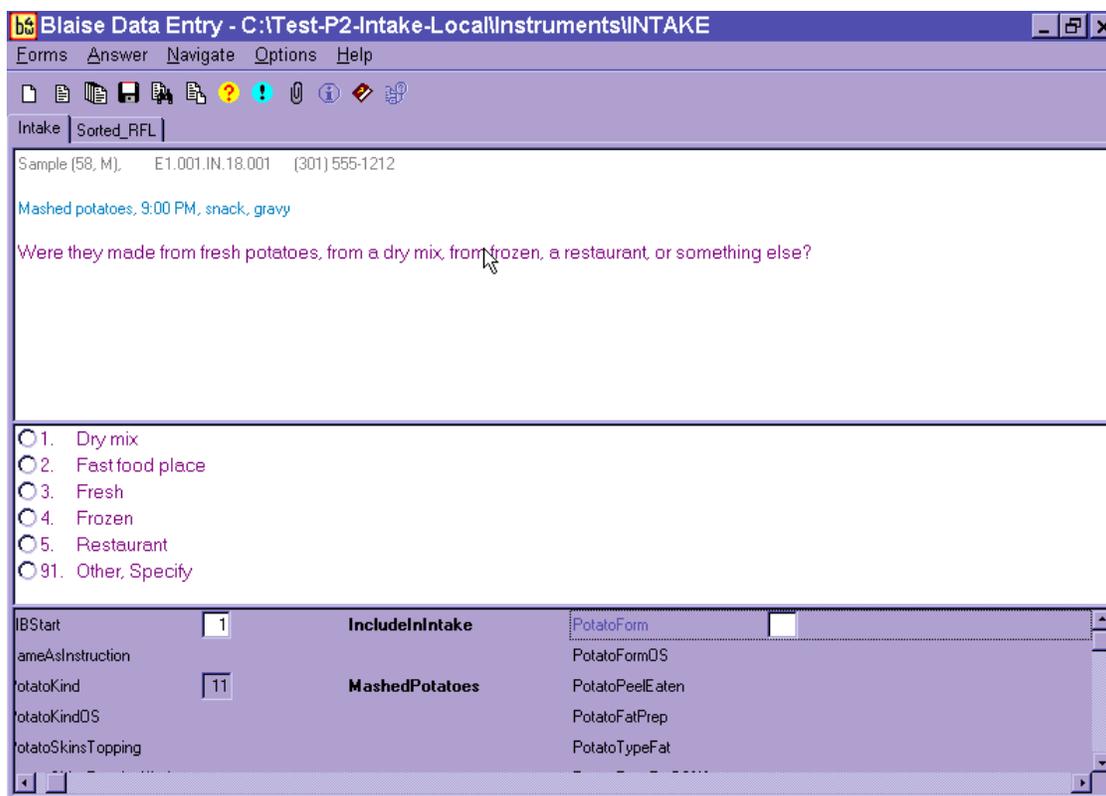
Adding Additions

Procedures for adding remembered adds or misreported additions are detailed in Chapter 8, Section 8.10.

5.6.3.4   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 <u>eaten</u>** – 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** include 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 followup question about the fill level of the vessel.

5.6.3.5   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, circles, and water bottles. 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 respondents use 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, and water bottles.

- **GLASSES: (G1-G8).** There are eight glasses of various sizes and shapes (Exhibit 5-58). 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 respondents report an amount that is protruding from the top, have them estimate using another model. If SPs report a volume between the lines, enter the information in OS.

Exhibit 5-58.   3D Glasses

- **BOWLS: (B1-B5)**. There are five bowls of various sizes and shapes (Exhibit 5-59). 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, enter the information in OS.

Exhibit 5-59. **3D Bowls**
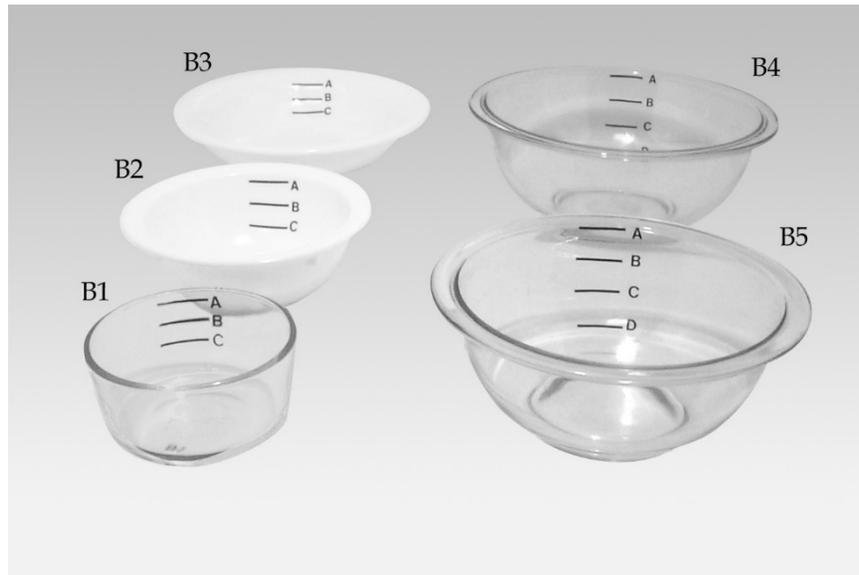
■ **MUGS: (MG1-MG3).** There are three mugs of various sizes and shapes (Exhibit 5-60). Use the mugs and level lines to estimate the volume of liquids such as beverages or soup. An SP may also choose this model to estimate a portion of solid foods. When SPs report using these models they must also report 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, enter the information in OS.

Exhibit 5-60. **3D Mugs**
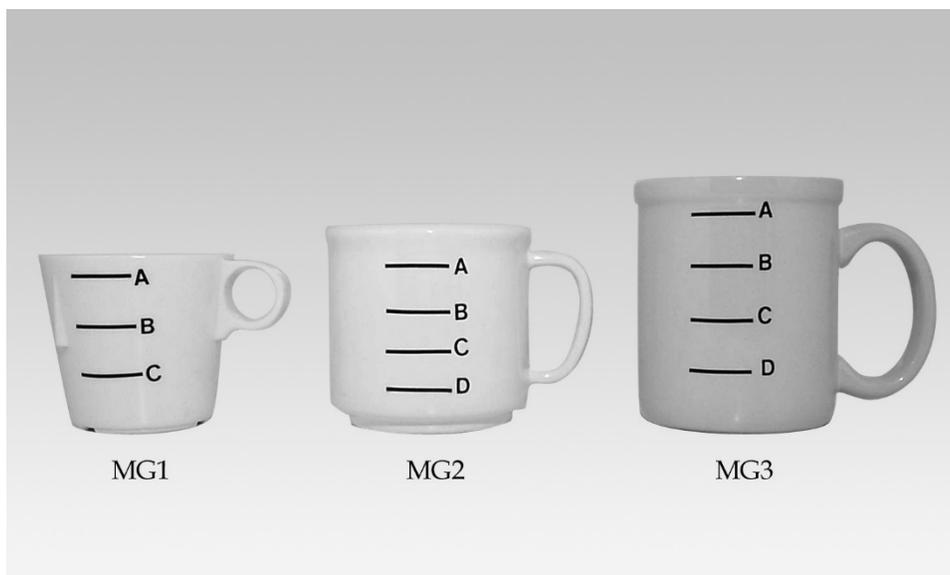
■ **HOUSEHOLD SPOONS: (Tablespoon, Teaspoon).** There are two household spoons of different sizes (Exhibit 5-61). The small one is the size of a teaspoon and the large one is the size of a tablespoon. Use the household spoons to estimate the volume of small amounts of liquid or solid foods. Have the respondent report level spoonfuls.

Exhibit 5-61.   3D Household spoons

Household Teaspoon

Household Tablespoon

■ **MEASURING CUPS: (1/4, 1/3, 1/2, 1 C).** The set of measuring cups consists of four cups of different sizes (Exhibit 5-62). 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 consists of four spoons of different sizes (Exhibit 5-62). 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 5-62.   3D measuring cups and spoons
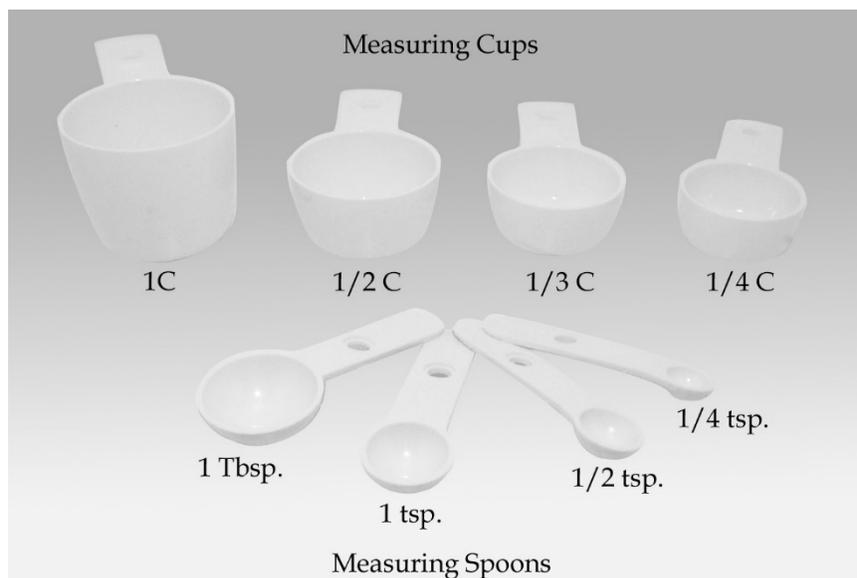
- **RULER: (L, W, H).** Use the ruler to estimate dimensions in inches (Exhibit 5-63). For example, the ruler could be used to estimate the length, width, and height of a piece of cornbread, and the length and width of a piece of meat or poultry (height would be estimated from the thickness sticks).

Exhibit 5-63.   3D 12-inch ruler
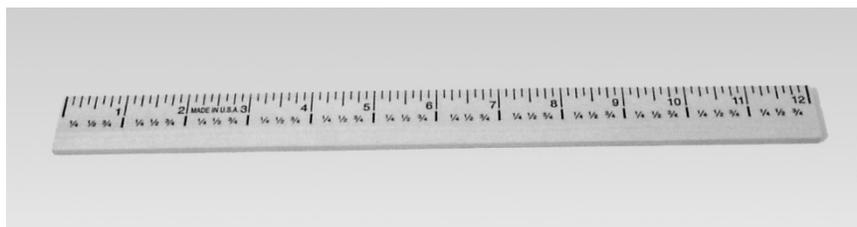
- **THICKNESS STICKS: (T1-T12).** A set of thickness sticks consists of 12 sticks, each equivalent to 1/8 inch (Exhibit 5-64). Use the thickness sticks to estimate the height of solid foods such as meat, poultry, and cheese.

Exhibit 5-64.   3D Thickness sticks

Thickness Sticks

- **BEAN BAGS: (M3-M9).** There are seven bean bags of various sizes (Exhibit 5-65). 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 5-65.   3D Bean bags

■ **CIRCLES: (C1-C9).** There are nine circles from 1" to 9" in diameter (Exhibit 5-66). Use the circles to estimate the diameter of round foods such as tortillas, pancakes, biscuits, and pies.

Exhibit 5-66.   3D Circles

Circles
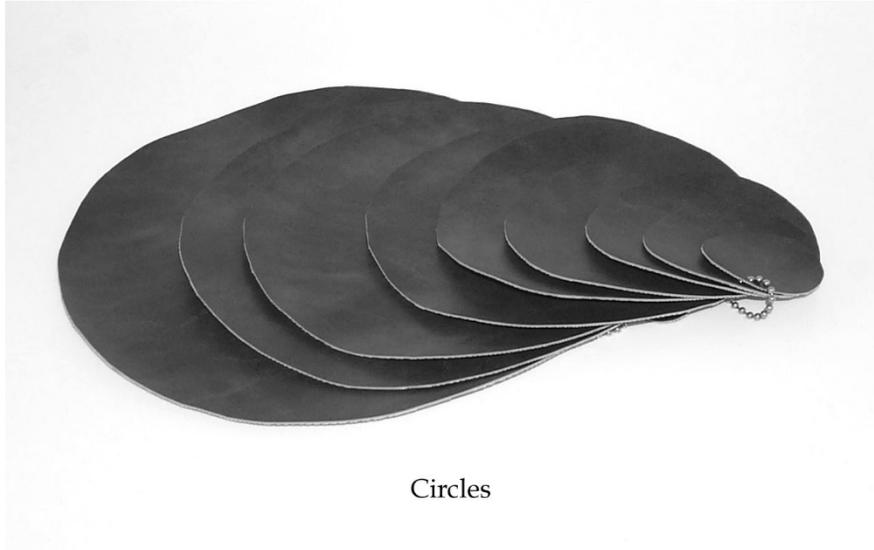
- **WATER BOTTLES.** SPs can use the five different water bottles with different volumes (8 FO, 12 FO, 16.9 FO, 20 FO, and 24 FO) to help quantify the amounts of water consumed.

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 one card of spreads (Exhibit 5-67). There are two 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 5-67.   2D Pats and spreads

M2

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 (Exhibit 5-68). 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 the grid on plate for use as a visual aid.

Exhibit 5-68.   2D Grid
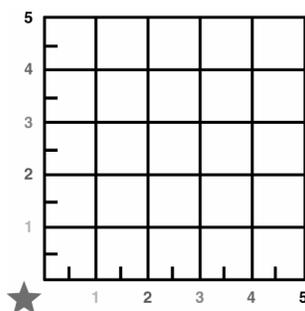
Grid Instructions. Imagine your (FOOD) is placed in the corner next to the star. Estimate its size by using the numbers or colors on each side of the grid.

■ **WEDGES.** There are two wedges: a large 9"-long wedge and a small 5"-long wedge (Exhibit 5-69). 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 re-create your piece of (FOOD)."

Exhibit 5-69.   2D Wedges
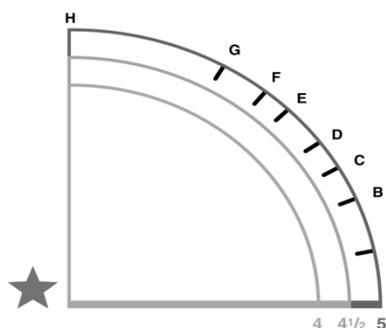
Wedge Instructions. Move the arrow to the bottom line. Now, imagine the tip of your food in the corner next to the star. Starting from the large purple star, use the numbers on the bottom line to tell me the length of your (FOOD). Now with your finger on the arrow at that number, move the arrow up until 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.

5.6.4   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 (Exhibit 5-70). This question is asked for <u>each</u> 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 McDonald's but when he took it home to eat it, he also drank a can of soda he had purchased earlier from the store.

The question you ask will be, "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, "Where did you get most of the ingredients for this {FOODNAME}?"

If the respondent hesitates when you ask the source question, show her the Source of Food hand card and 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 (Exhibit 5-70). The OS (91), RF (F7), and DK (F8) are acceptable responses to both the Food Source Question and the followup question.

Exhibit 5-70.   Source question—screen
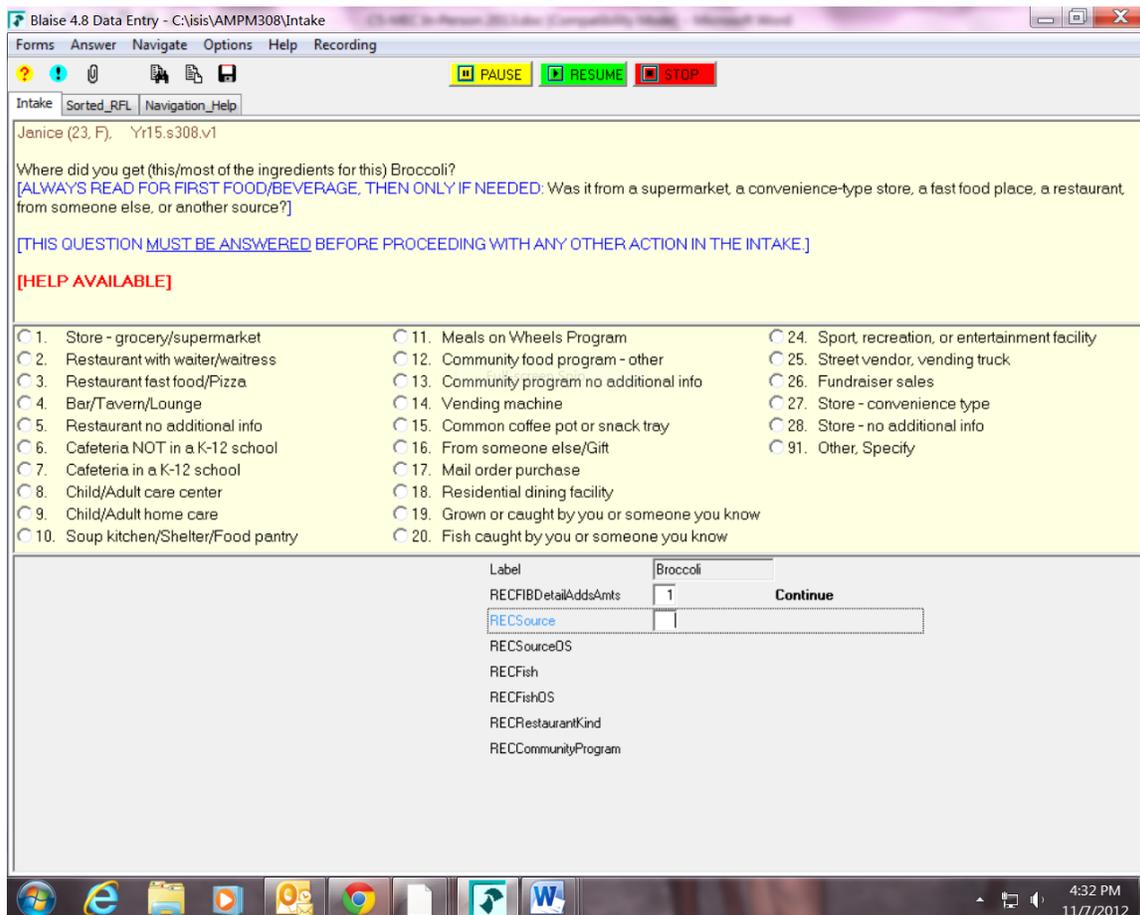
If the respondent mentions the source of the food earlier in the interview (e.g., McDonald's hamburger), you may confirm the source. For example, say something like:

> **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 available only 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 grocery stores, supermarkets, warehouse stores, (Costco, Sam's Club, B.J.'s), commissaries; specialty store-bakeries, seafood, ethnic food stores, health food stores, food/beverage sample from store, food/beverage from store salad/food bar, deliveries from stores, produce stand, farmer's markets, weight loss stores/programs (Weight Watchers, Jenny Craig, LA Weight Loss Center).

- **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. Included in code 3 are all fast food places, including drive-thrus, that do not have waiter/waitress service, all pizza places, carry out, food court, bagel shops, doughnut shops, delis, coffee shops, ice-cream shops, dairy.

  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 followup question as below (Exhibit 5-71).

Exhibit 5-71.   Source question—type of restaurant

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 in a K-12 school.** This code refers to all cafeterias **except** school cafeterias (include college/university, work, and hospital cafeterias).

- **Code 7, Cafeteria, in a K-12 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 (those in K-12 schools).

- **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., as well as 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 (Exhibit 5-72). This code brings up the following question:

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

Exhibit 5-72.   Source question—type of community program
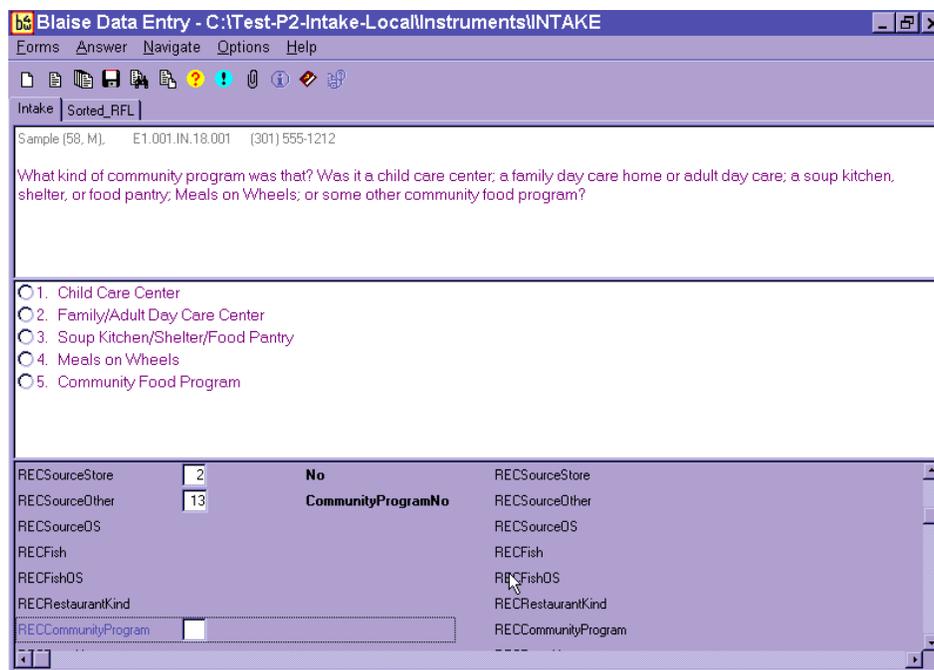
- **Code 14, Vending Machine.** This code refers to any food purchased from a vending machine.

- **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 includes only 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 screen (Exhibit 5-73).

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

Exhibit 5-73.   Source question—where caught fish came from

- **Code 24, Sport, Recreation, or Entertainment Facility.** This code refers to sports stadiums, sporting events, amusement parts, concerts, fairs, festivals, movie theaters, etc.

- **Code 25, Street Vendor, Vending Truck.** This code refers to street concession stands, hot dog stands, coffee carts, and food trucks.

- **Code 26, Fundraiser Sales.** This code refers to food purchased from Girl Scouts, Boy Scouts, school fundraisers, and sports fundraisers.

- **Code 27, Store – Convenience Type.** This code includes convenience-type stores, drug stores, gas stations, liquor stores, beer stores, gift shops.

- **Code 28, Store – no Additional Information.** This code is for situations where the respondent reports "Store" with no additional description.

- **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.

5.6.5 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 (Exhibit 5-74), that the primary food, mashed potatoes, and its addition, gravy, are also listed on the review screen.

Exhibit 5-74.   Review of Occasion screen

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 <u>drink</u> 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 the 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.

5.6.6   Occasion Location Question

This question asks if the meal (occasion) was consumed at home (Exhibit 5-75). "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 5-75.   Occasion Location Question screen

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.

5.6.7   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 5-76).

Exhibit 5-76.   Between Interval Probe screen

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 <u>later</u>, 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 5.6.9.

5.6.8   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 5-77).

Exhibit 5-77.   Last Occasion to Midnight Probe screen

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.

5.6.9   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 collect only the <u>details, amounts, and source</u> 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 <u>also collect the location</u> 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.

5.7 Step 5: The Final Review Probe (FR)

The Final Review Probe (Exhibit 5-78) 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 the "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 5-78. The Final Review Probe screen

After you have administered the Final Review probe, continue with the health-related questions section of the intake.

5.8   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 usual intake, salt consumption, and special diets.

The MEC In-Person dietary exam includes the following questions:

■   Usual intake;

■   Source of tap water;

■   Use of salt at the table and in cooking; and

■   Special diet information.

5.8.1   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 (Exhibit 5-79). 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 5-79.   Usual Intake Question screen

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.

5.8.2   Source of Plain Drinking Water

This question asks the SPs to report the main source of tap water (Exhibit 5-80).

Exhibit 5-80.   Tap Water screen—source question

There are three response items for the source of plain drinking water:

1.   A **city water supply** is also called "city water," "public water," or "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.

2.   A **well or rain cistern** is a well or tank, usually underground, in which rainwater is collected for use.

3.   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.

After you select the source of tap water, press ENTER to continue.

5.8.3 Salt Use Questions

These questions are asked only 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 (Exhibit 5-81), 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, Sea, 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 5-81.   Salt screen—type question
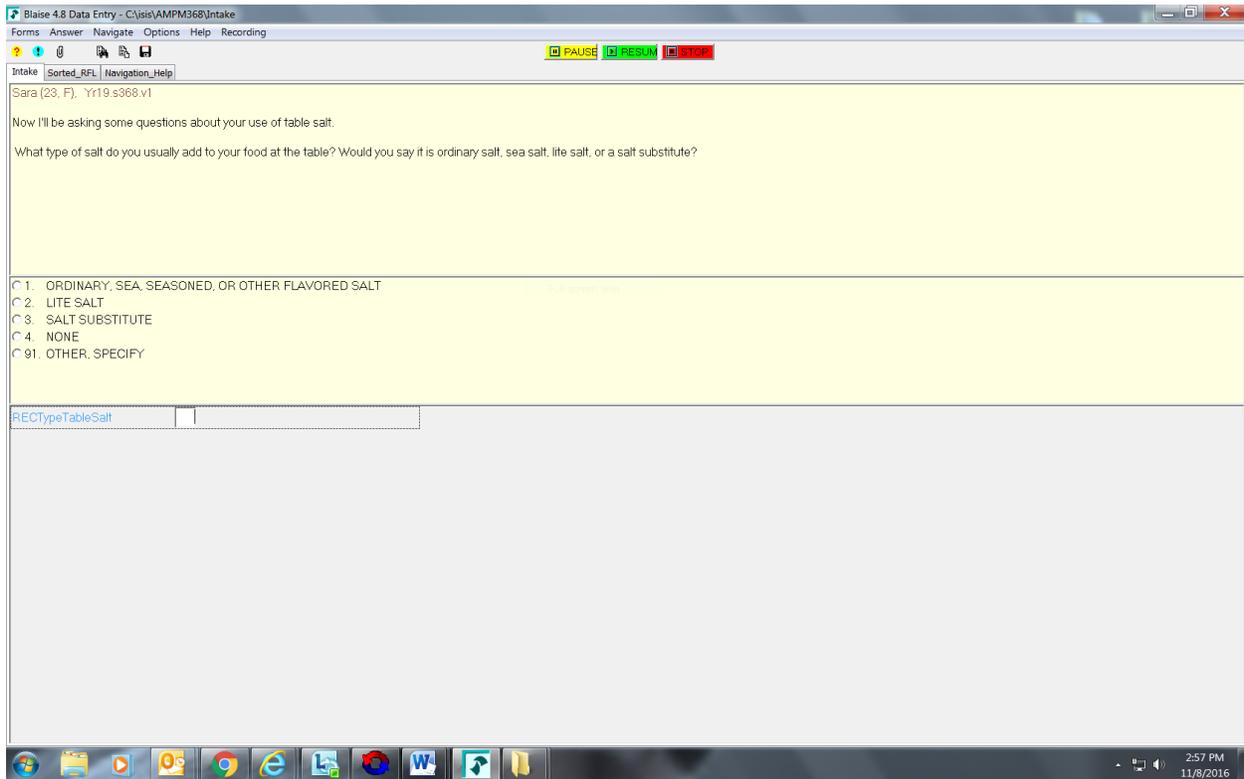
In case a respondent is having difficulty answering this question, use the following guidelines:

- 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.

Frequency of Salt Use at the Table. For SPs who reported adding salt to their food **at the table**, you will ask a followup question about how frequently they added salt (Exhibit 5-82).

Exhibit 5-82.   Salt screen—at table frequency question
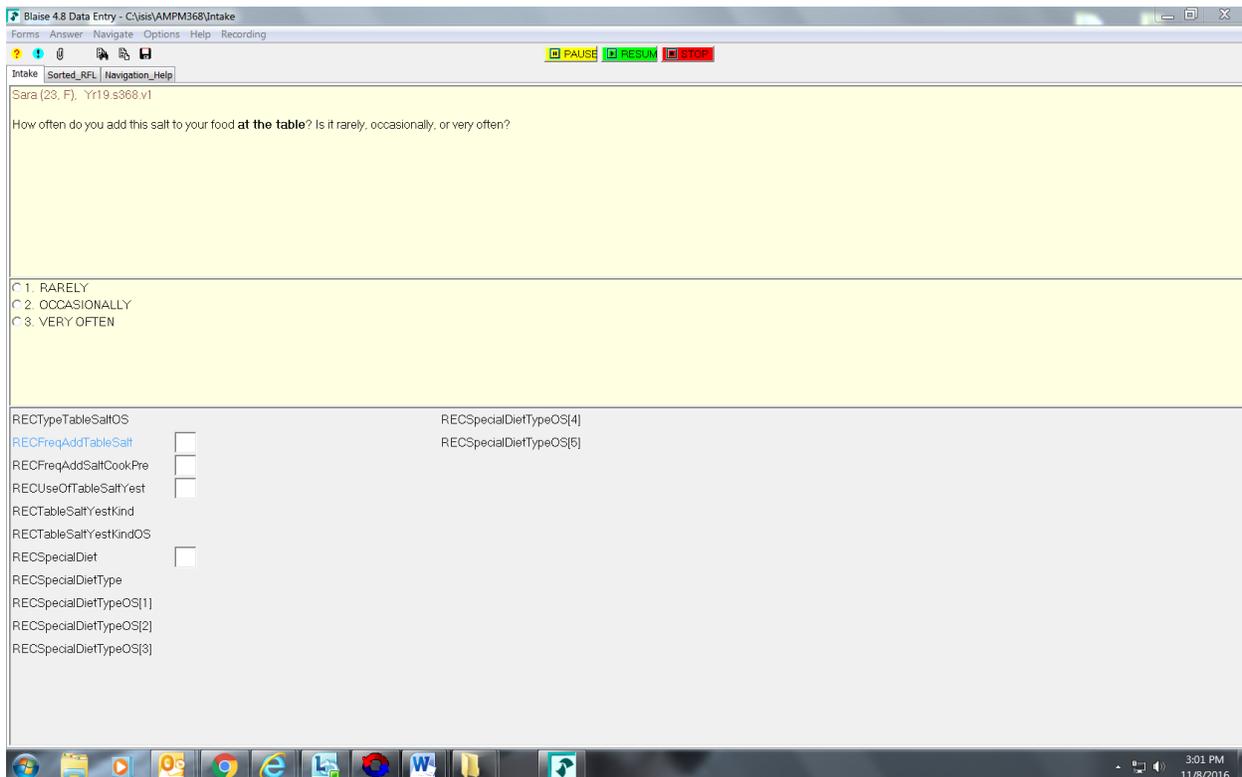
There are three response options for this question—"Rarely," "Occasionally," and "Very Often."

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 (Exhibit 5-83) 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 5-83. Salt screen—in preparation frequency question
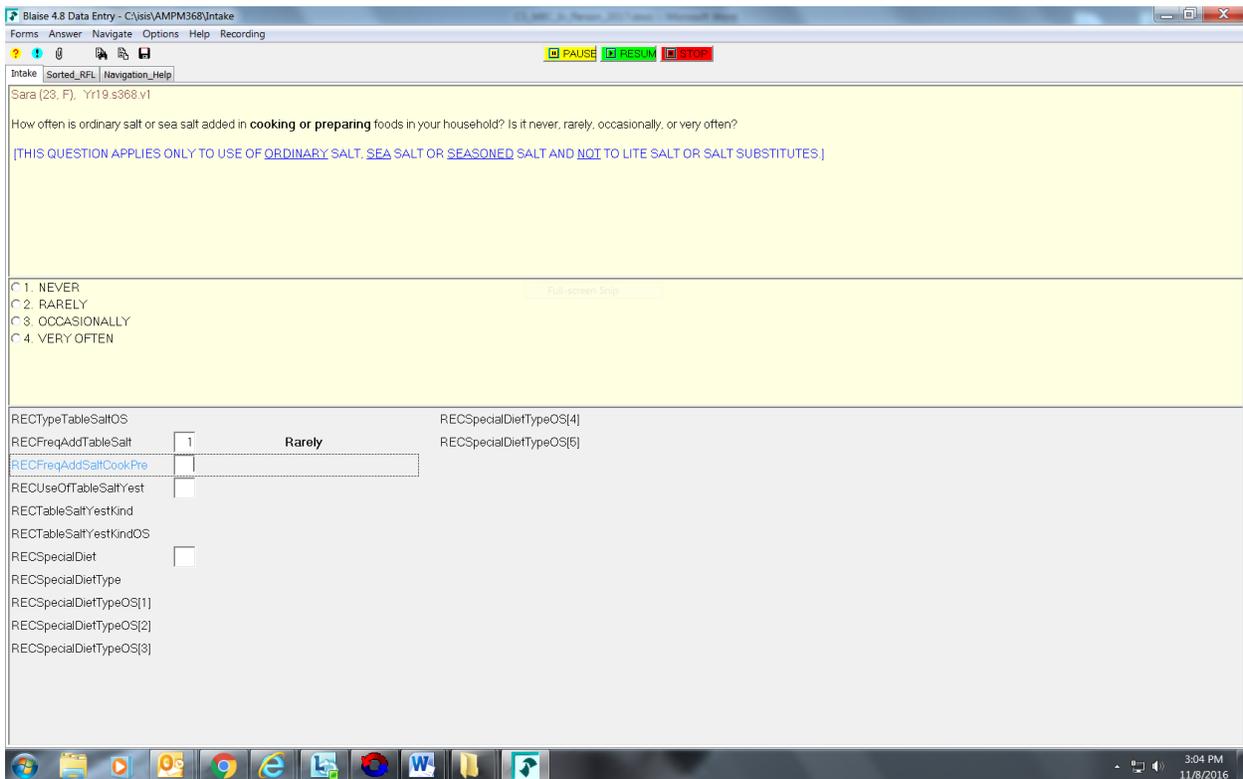
There are four response options for this question—"Never," "Rarely," "Occasionally," and "Very Often." Let them decide. If respondents ask you to define the terms, answer that there are no set definitions, and that the SP's judgment is fine.

Salt Use Yesterday

There are two possible questions asking about salt use yesterday. The first to capture is if salt was used the day before and the second to determine what type of salt was used yesterday (Exhibits 5-84 and 5-85).

Exhibit 5-84.   Salt screen—salt use yesterday

Exhibit 5-85.   Salt screen—types of salt
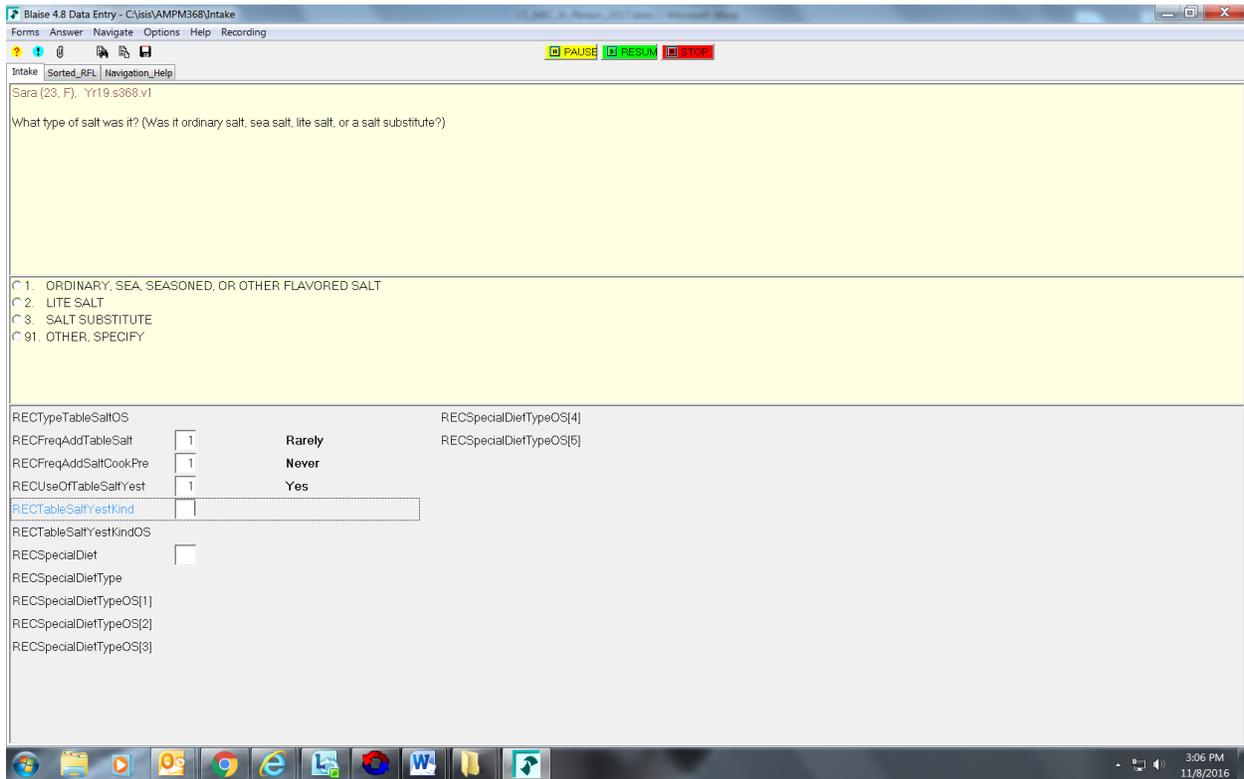
5.8.4   Following a Special Diet

This question is only asked in the MEC in-person interview. It asks respondents if they are **currently** following a special diet (Exhibit 5-86). 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 5-86.   Special Diet screen

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 asked only of respondents who report being on a special diet (Exhibit 5-87). The question asks respondents to identify **all** the diets they are following.

Exhibit 5-87.   Special diet—type question

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 their 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; and

- – 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")

■ 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:

- – Gestational diabetic diets: Mothers who are pregnant and have gestational diabetes (diabetes during pregnancy) often follow a diabetic diet.

■ A Low Carbohydrate Diet ("8")

■ A High Protein Diet ("9")

■ A Weight Gain Diet ("10")

■ A Gluten-Free or Celiac Diet ("11")

■ A Renal or Kidney Diet ("12")

Notice that the boxes to the left of the responses (Exhibit 5-88) 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 Diet 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 5-88.   Special diet—code all that apply (CATA) responses

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 (Exhibit 5-89) will appear for in-person intakes. Enter "1," then save the interview and continue to the Dietary Recall Section Status screen.

Exhibit 5-89.   Final Dietary Recall screen
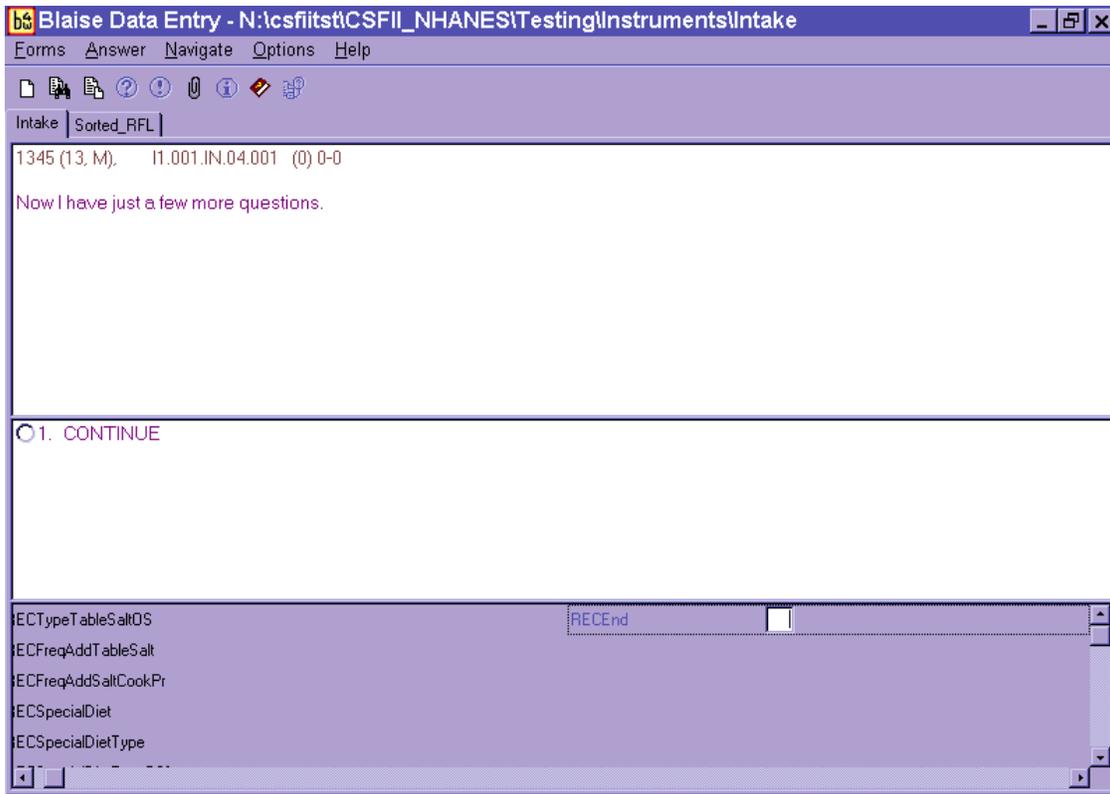
5.9   Dietary Recall Section Status

This screen (Exhibit 5-90) 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 Supplement and Antacid Section.

Exhibit 5-90.   Dietary Recall Section Status screen
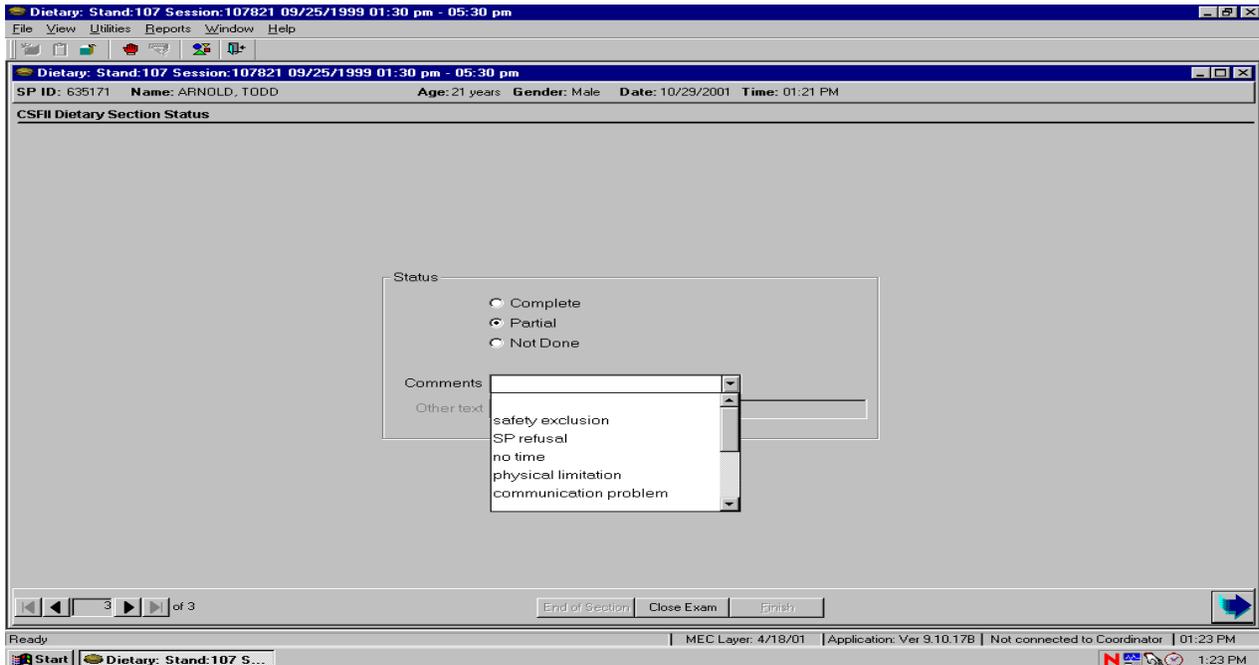
If the status is "Partial" or "Not Done," you must enter a reason in the Comments field. Click on the drop-down menu for a list of reasons for partial intakes.

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 (Exhibit 5-91) and you must type an appropriate comment.

Exhibit 5-91. **Dietary Recall Section Status Screen—comment codes**
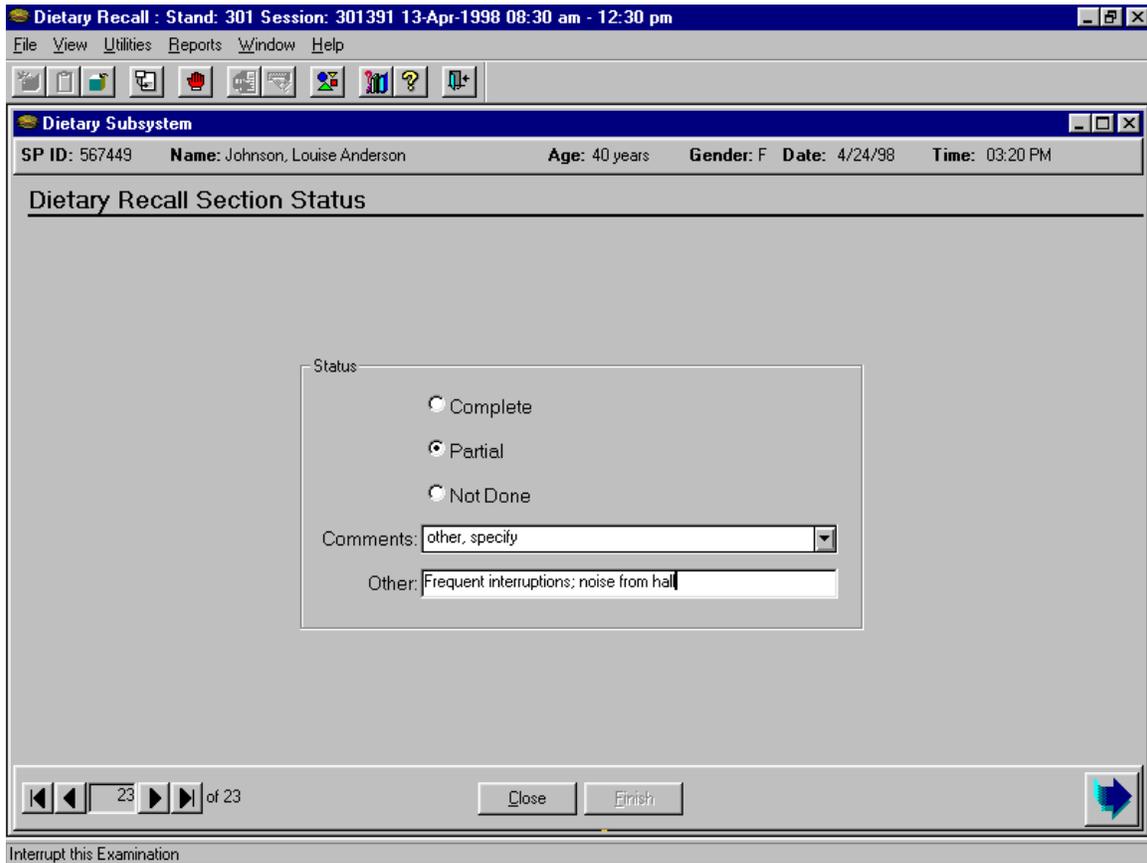
This completes the dietary recall portion of the exam.

Supplement and Antacid Collection 6

Dietary supplements have been collected in person, in the home of the survey participants, starting with NHANES III. Study participants (SPs) are asked about their use of vitamins, minerals, and other supplements in the past 30 days. Beginning in NHANES 1999, participants are asked about use of all dietary supplements (antacids and herbals). These are important to assess since a wide range of health and disease conditions are associated with total nutrient intake. Also important is the ability to collect this information in the same format and timeframe as the food and beverage intake (past 24 hours). This will allow researchers to improve the total nutrient intake estimations as well as examine associations by nutrient source such as from foods versus supplements.

You will collect supplement and antacid use for the previous day, similar to the collection of foods and beverages in the AMPM for all Primary SPs. This section has its own Section Status similar to the Recall and Post-Recall (Complete, Partial, or Not Done). It will follow the 24-Hour recall and is also in Blaise so it has many of the same characteristic as the AMPM. For example, to change the form language use the Hot key of F11 or go to the drop-down "Options" menu. Navigation also uses the same rules where the Tab key takes you to the next field and Shift+Tab will take you back a field. The arrow keys can also move you forward and back.

6.1   Basic Scenarios

There are two basic scenarios for SPs in the MEC. Either the SP will have reported supplements and/or antacids in the Household Interview in the past 30 days, or they have not.

- If the SP did report using any supplements/antacids, this information will display in a table (Exhibit 6-1) which will allow you to easily ask if they took it the previous day. After reviewing this list item by item, you will get a new screen probing for any additional supplements/antacids taken the previous day.

- If the SP did not report any supplements/antacids in the past 30 days in the Household Interview, then you will get a screen probing for any supplements taken the previous day. This is followed by a similar screen probing for any antacids taken the previous day.

The review and probing for supplements and antacids will be done individually. That is, you will first review the supplements list (if any), then probe for additional supplements. Then you will review the antacid list (if any), and probe for additional antacids.

Exhibit 6-1.   Supplement review

In this scenario, the SP reported taking four supplements. The script walks you through confirming each one individually and documenting if they were taken the previous day.

The first column of the response pane lists all the supplements in the review. In this case there are four. This is information coming from the Household interviewer as they entered it in a text field. Therefore you may see spelling errors and other inconsistencies. We have made these entries in all capital letters as an indicator that this is data that came from the Household Interview.

The next column is the Pick List. For the data imported from the household, this column will be blank. The third and fourth columns have the supplement strength information, if any. The fifth column indicates whether or not the Household interviewer saw the container of the supplement. This gives you a sense of confidence that we have correct data. If the container was seen, you will not have to ask the form of the supplement, as we are confident of the form entered by the HH interviewer and you will only need to verify the form.

If you answer "Yes" to confirm use the previous day, you will verify the form (Exhibit 6-2) and then ask the amount or quantity taken (Exhibit 6-3). Once you confirm the form, the unit (unit taken) will be auto-filled for you and you will go on to the next supplement reported.

Exhibit 6-2.   Form confirmation

Exhibit 6-3.   Quantity taken

The form verification question will not come up for supplements where the containers were not seen, for new supplements that you have recorded, or for antacids. When you are verifying the form of a reviewed supplement, if the SP says "No," the program will open a new line to enter the supplement taken. The assumption is that if the supplement form is not the same as it was in the Household Interview, that the SP is likely taking a different supplement altogether. So the program opens a new line in the review, and you follow the procedures for entering a new supplement.

Typically, when you are reviewing a supplement form, you just ask 'How much did you take?', enter the number, and move on to the next supplement. However, for Packages/Packets, Liquid, Gel, Powder, and Granules, entering just a number for the quantity is not enough information. For example, if the form is "Liquid" and you ask "How much did you take?", the response will be a number and a unit, like 2 teaspoons. Thus, the program opens the Form/Unit screen for you to enter the unit. Depending on the form you are confirming, the unit screen is limited to only appropriate responses. For example, if the form is "Liquid," the unit "gumballs" is not a response option.

The subsequent supplements (Exhibit 6-4) follow in the same format. You will go through each one verifying the form and entering the number taken. If the supplement was not taken the previous day, the program takes you on to the next supplement in the review list.

Exhibit 6-4.   Subsequent supplement review

Once all supplements on the list have been probed and appropriately recorded if taken, then you will see this screen asking about any additional supplements (Exhibit 6-5). The Supplement hand card must be shown to the SP. If the SP answers "Yes," then you record each new supplement on the new supplement screen which follows. A "No" response will take you on to review the antacids reported in the Household Interview, if any.

Exhibit 6-5.   Additional supplements probe

6.2   Recording Other Supplements

If the SP reports taking a new supplement, you will need to enter the new supplement in the supplement table as shown in Exhibit 6-6.

This screen asks for the new supplement name. Enter what the SP says verbatim. The interviewer instruction text in teal will help you with probing.

When you are **reviewing** supplements and antacids, you do not have the ability to enter any "new" data. It is only during this recording section of the program that you are able to enter a new or additional supplement or antacid. The exception mentioned earlier is when you answer "No" to the form.

Exhibit 6-6.   New supplements

Once you've entered the supplement information in the text field, then record the quantity taken and unit/form taken. The screens shown in Exhibits 6-7 and 6-8 display for you to select quantity and then enter the unit/form of the supplement.

Exhibit 6-7.   Amount

Exhibit 6-8.   Form/unit

One last question is asked about newly reported supplements. In Exhibit 6-9 you will find that we ask for the length of time the respondent has been taking the supplement.

Exhibit 6-9.   How long?
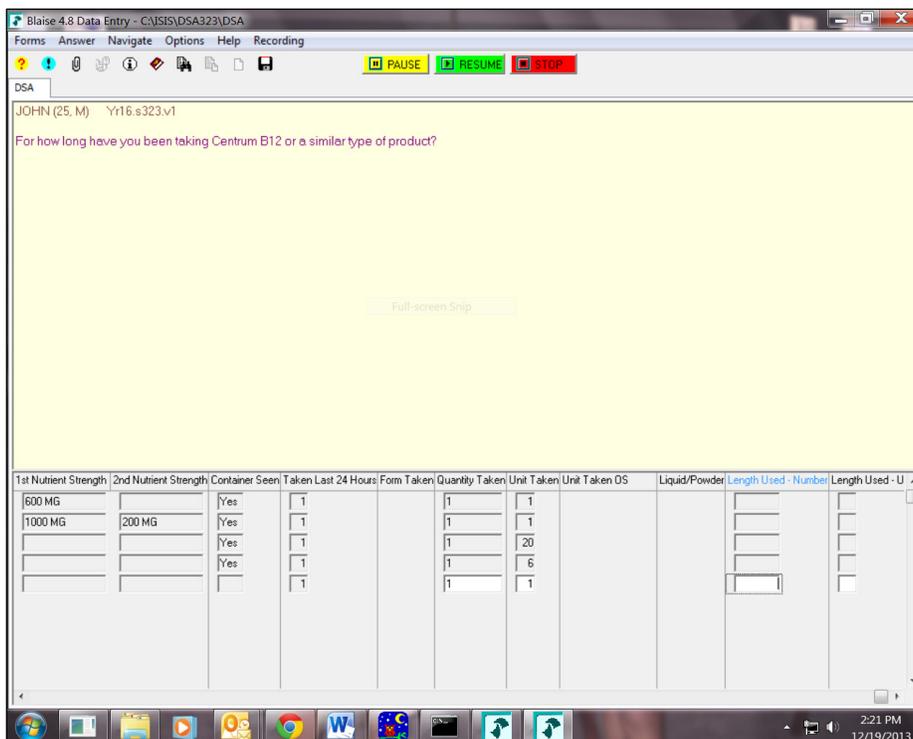
The response fields require you to enter a number (for example 10) and a unit (Days, Weeks, Months, or Years). You may use the Hot Keys F7 and F8 for Refused or Don't Know responses.

Before you move on to review the antacids reported in the Household Interview, the screen shown in Exhibit 6-10 will display to check whether you have captured all the supplements taken the previous day. If no others were taken, simply hit the "Enter" key to go on.

Exhibit 6-10.   Any others?

6.3 Antacid Data Collection

After collecting the supplements, you move on to collect the antacids. If the SP reported taking antacids in the Household Interview, a list will appear in a table similar to the supplements (Exhibit 6-11). In this case there was only one antacid reported. You will follow the same protocol, asking if each antacid on the list was taken the previous day. If so, you will record the quantity and unit/form.

Exhibit 6-11. Antacid review

If no antacid data were reported in the Household Interview, you will get a simple probe to see if any antacids were taken the previous day.

After verifying and/or entering all the previously reported antacids, the next screen (Exhibit 6-12) probes for any additional antacids. You must show the SP the Antacid hand card. Just as with the supplements, a "Yes" response will prompt you to record all that are reported.

Exhibit 6-12.   Any other antacids?

Similar to the supplement screen, you will record the name of the new antacid in a text field, you will need to find a match for it on the Pick List, and then enter the quantity taken and unit/form taken. You will want to record the information verbatim. The interviewer instruction text on the screen (Exhibit 6-13) helps guide you as to what probes you may need to ask.

Exhibit 6-13.   Recording a new antacid

6.4   No Supplements Reported in the Past 30 Days

If the SP did not report any supplements in the past 30 days in the Household Interview, you will
get a screen as shown in Exhibit 6-14, asking if they took any the previous day. You will need to
show the Supplement hand card. If the response is "Yes," then the same screen will display that is
used to record additional supplements.

Exhibit 6-14.   Supplements taken yesterday

This screen (Exhibit 6-15) asks for the new supplement name. Interviewer instructions will help you
probe. You enter the supplement in a text field, then record the quantity taken and form/unit taken.
This will be followed up with the question regarding how long they have been taking the new
supplement (Exhibit 6-9 shown earlier).

Exhibit 6-15.   Recording supplements

6.5   No Antacids Reported in the Past 30 Days

If the SP did not report any antacids in the Household Interview, this screen will come up asking about use of antacids the previous day (Exhibit 6-16). You will need to show the Antacid hand card. A "Yes" response will take you on to record the antacid and a "No" response will conclude the section.

Exhibit 6-16.   Antacids taken yesterday

For SPs that did take an antacid yesterday, a screen similar to the supplement screen appears (Exhibit 6-17) where you will record the name of the new antacid in a text field, find a match for it on the Pick List, then enter the quantity taken and the form/unit taken.

Exhibit 6-17.   Recording new antacids

The Pick List will come up as you type, similar to the MFL in the AMPM; you can filter by TriDrugName or Alphabetically. However, you will need to be very careful in attempting to get an exact match to your text field entry.

Note: It is important that if you cannot find an **exact match** to select **Product not on list.

If you open a line in error by moving beyond the 1st column, and do not want to enter a new/additional supplement or antacid, type "error" in the field of the 1st column (the text field) and hit "Enter." This will remove the newly inserted line.

If the SP reports an antacid or supplement where the unit is milliliters, tablespoons, teaspoons, cans, grams, cups, scoops, capfuls, or ounces, a followup question is asked. This will only occur for new supplements and antacids, or reviewed supplements and antacids where the container was not seen. You are not expected to memorize this list, but as an aid we wanted you to understand the instances when you will see a followup question: "Was this a liquid or powder?"

If the SP reports a unit or form of a supplement or antacid that is not on the list, you have the option on entering "91" for Other, specify. If you select "Other, specify," a text field will open where you will need to enter the unit/form.

6.6 Hand Cards

We have three hand cards for this section (Exhibit 6-18). First we have a two-sided hand card. Each language has been printed separately, so that we have an English card with Supplements on one side and Antacids on the back, and a Spanish card with Supplements on one side and Antacids on the back. You will be showing these to the SP as well as providing the SP with both language versions of the cards to take home with their Food Model Booklet and a bag that has their cups, spoons, ruler, etc. The other hand card shows photo images of supplements to assist SPs in an understanding of what we are referring to when we ask about dietary supplements. It is also two-sided, with English on one side and Spanish on the other. Sample Persons will need to have the hand cards with them for their Phone Follow-Up dietary interview which is why we ask that you insert these cards in with their other Phone Follow-Up materials.

Exhibit 6-18. Supplement and antacid hand cards
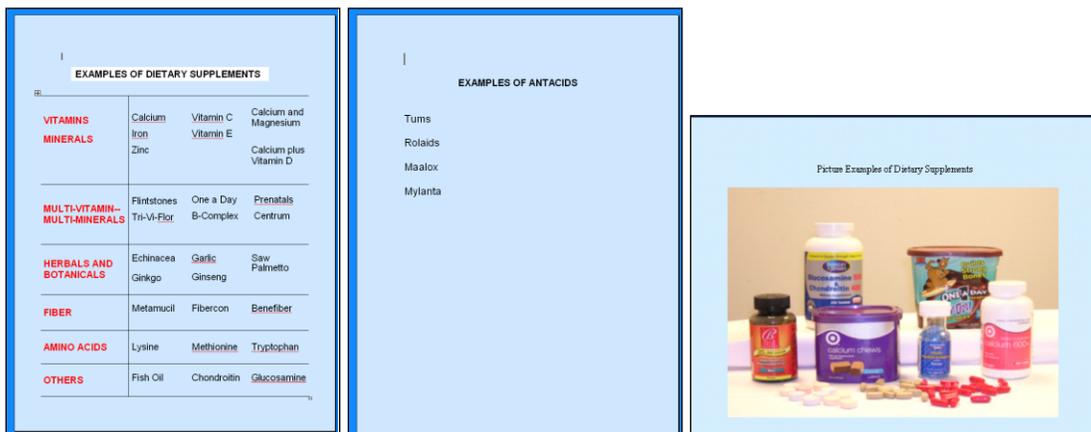
6.7   Edits

We have two edits programmed for this section of the interview (Exhibits 6-19 and 6-20). A soft edit will come up if you enter a quantity greater than 9. Select "Goto" to change the quantity, or "Suppress" to continue. "Close" will keep you in the quantity field.

Exhibit 6-19.   Soft edit
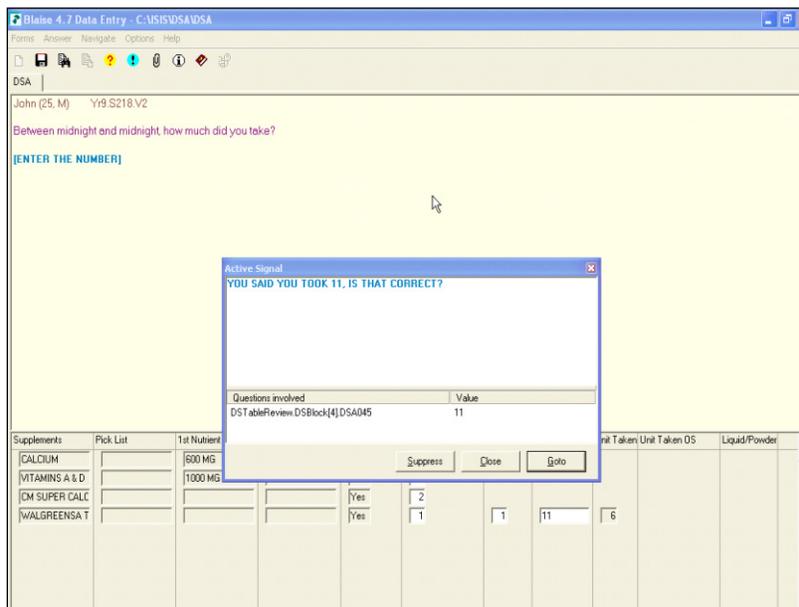
Also an edit will display if you answer "Yes" to the question asking if the SP took any other supplements/antacids, and then failed to enter the supplement/antacid on the grid.

Exhibit 6-20.   Hard error
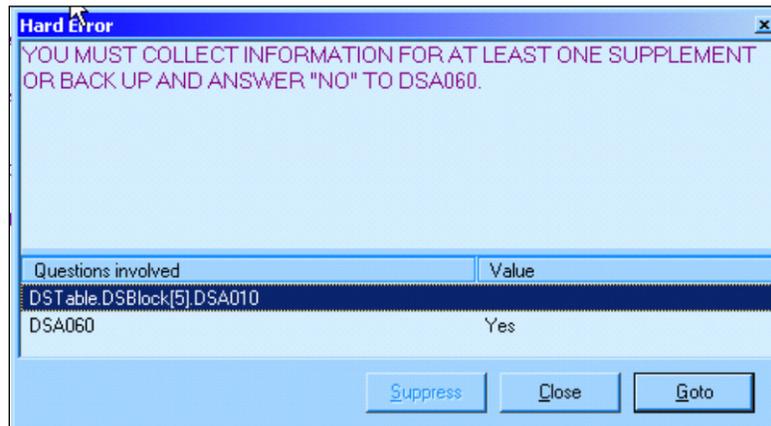
Conducting the Post-Recall Questions 7

This section of the manual contains a general introduction to the automated Post-Recall section and step-by-step instructions for conducting section 3 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 2, 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 contains questions about a child SP's recent health, and the third screen asks about pesticide use. These questions are followed by screens that introduce and schedule the Phone Follow-Up interview. This is followed by a screen of observations questions that you will complete about the interview.

The Post-Recall Questions

The **fish/shellfish questions** will be asked of all SPs aged 1 year and older. The questions ask whether the SP consumed fish/shellfish in the last 30 days and if so, the types and quantities.

The **alcohol question** will be asked of SPs 18 years and older. The question asks about the number of drinks the SP had on one occasion in the past 30 days.

The two **pesticide use questions** are asked of children 6-7 years old. These questions will be prefilled if the proxy has answered them in an earlier component.

The **scheduling screens** come up last in this section before your observations. They are designed to recruit the SP for the Phone Follow-Up interview and introduce the Food Model Booklet.

The **observation questions** document your observations about the interview. They include questions that identify language used, the main respondent and who helped, as well as a place to indicate conditions that apply to the respondent or proxy.

7.2   Fish and Shellfish Questions

These questions will be asked of all SPs 1 year and older. The first screen (Exhibit 7-1) 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, enter "No" in the first field. If the SP reports eating fish, enter "Yes" in the first field and show the SP the hand card. Check each type of fish the SP reports eating and then ask and record the number of times each type was eaten. Please make sure you ask the SP for the list of fish/shellfish first and then go through each one to ask for the frequency. 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 hand card. Do not read the response "Refused."

Exhibit 7-1.   Fish screen

Enter the data in the same manner on the Shellfish screen (Exhibit 7-2). Be sure that SPs understand that they should not include any shellfish they reported on the previous screen.

Exhibit 7-2.   Shellfish screen
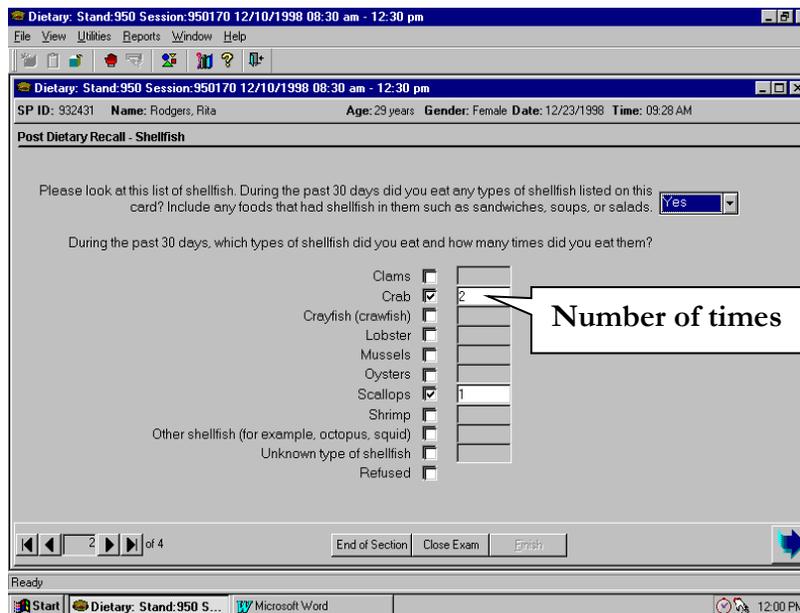
7.3   Alcohol Question

This question (Exhibit 7-3) is also asking about the past 30 days but displays only for SPs 18 years and older. There is a slight variation in the question, depending on if the SP is male or female. Four or more drinks displays if the SP is female; five or more drinks displays if the SP is male. Note that this question has a hand card to be shown (Exhibit 7-4) with examples of alcoholic drinks.

Exhibit 7-3.   Alcohol question
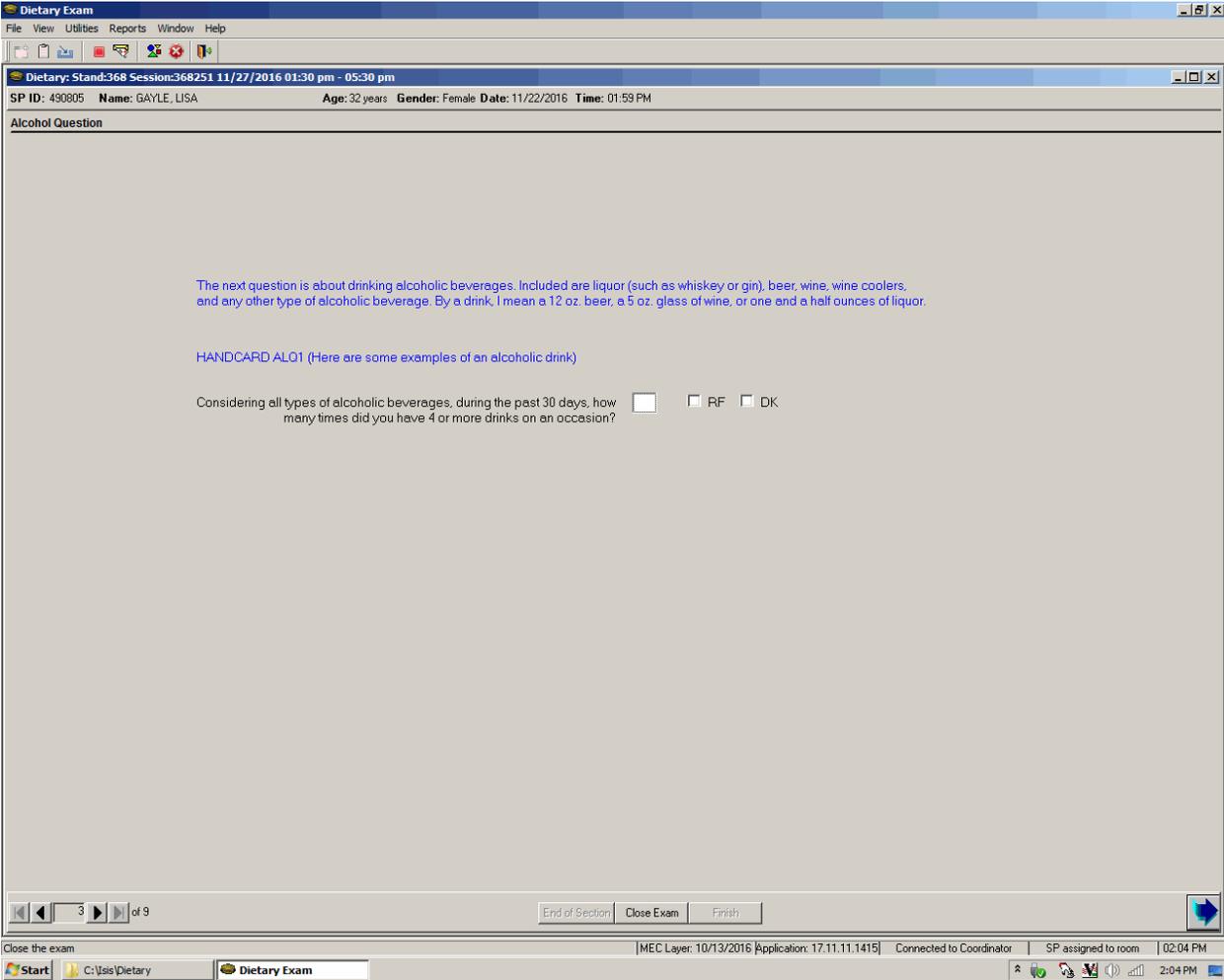
Exhibit 7-4.   Alcohol hand card

7.4   Child Pesticide Use Questions

Two questions will come up for children 6 and 7 years old (Exhibit 7-5). These questions refer to the past 7 days and ask the proxy to report if any chemical products were used in the home, and also in the lawn or garden. Response options are "Yes" or "No," with "Refused" or "Don't Know" if the proxy can't or won't answer the questions. If the proxy answered these questions in an earlier component, they will be prefilled.

Exhibit 7-5. **Child pesticide use questions**
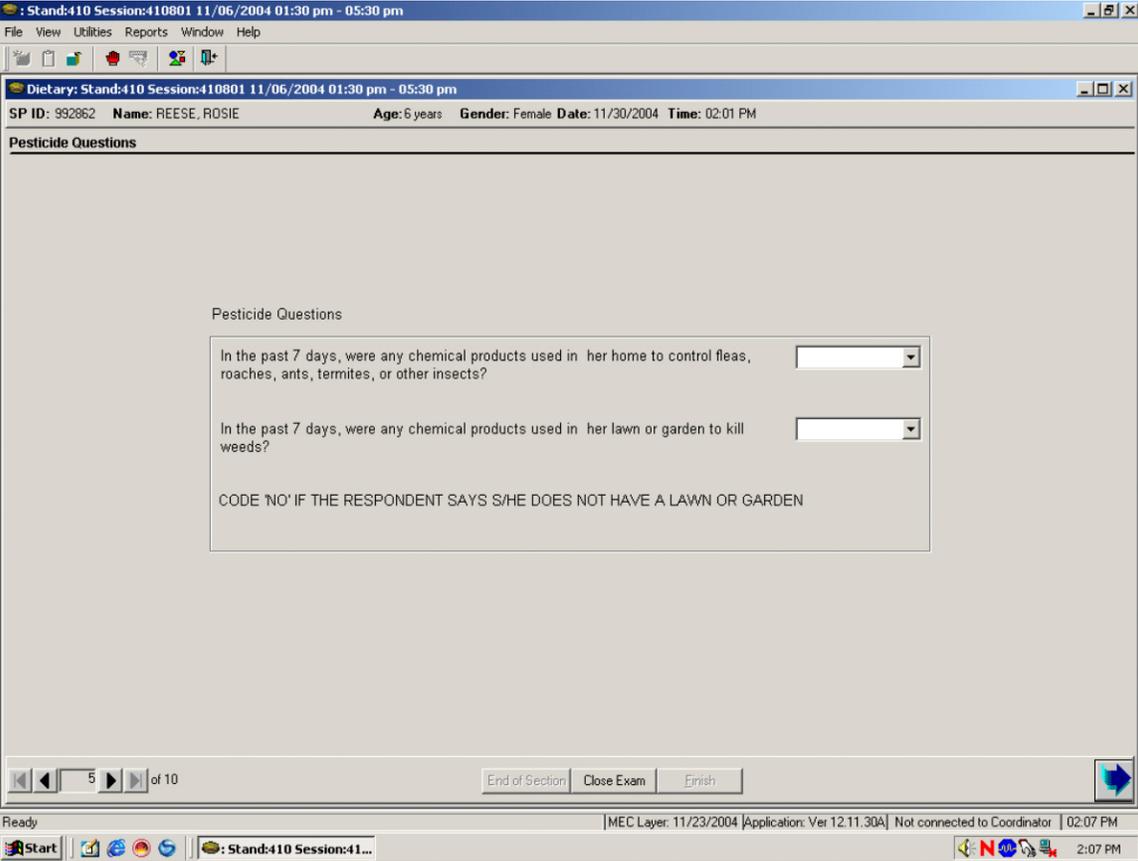
7.5   Scheduling a Phone Follow-Up Interview

Once you have completed the Post-Recall questions, 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 (Exhibit 7-6) 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, 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 pick list 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, provide 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
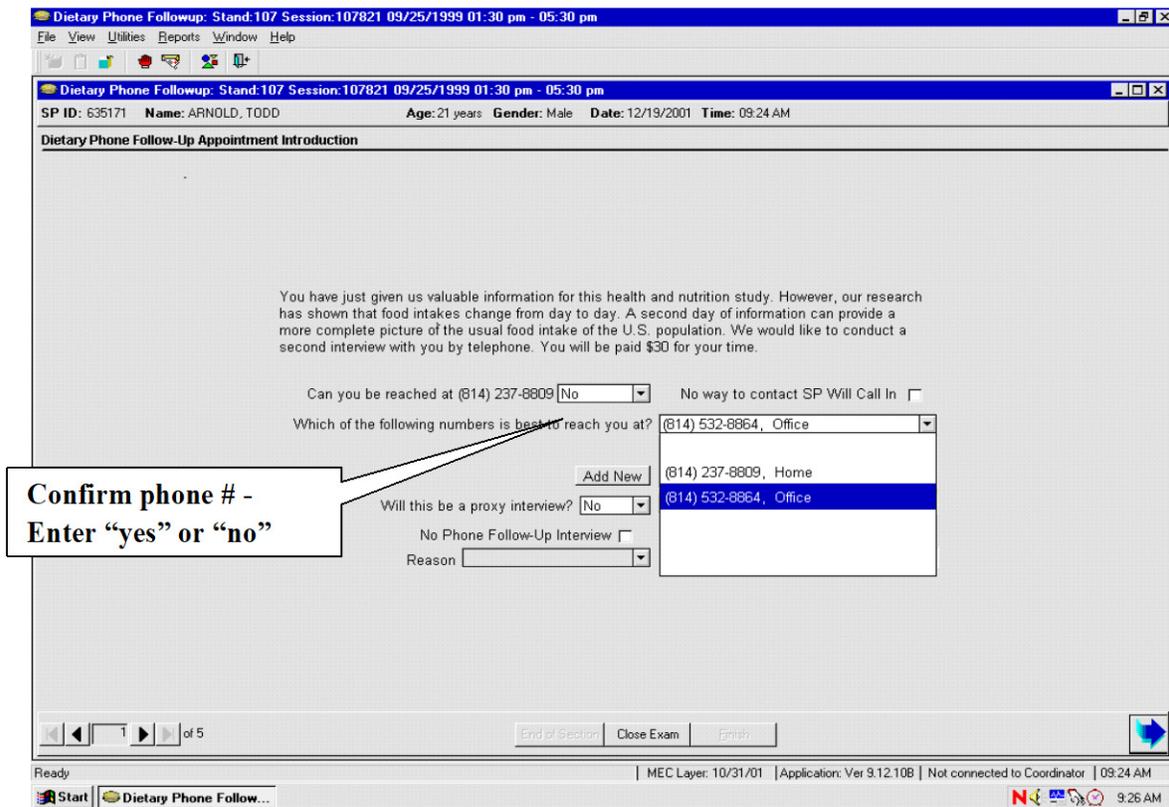
Add New Number. If the respondent provides a new number, you may add it to the database. Click on the "Add new" button shown in Exhibit 7-7 and a new screen will come up to enter a new number.

Exhibit 7-7.   Adding a new contact number
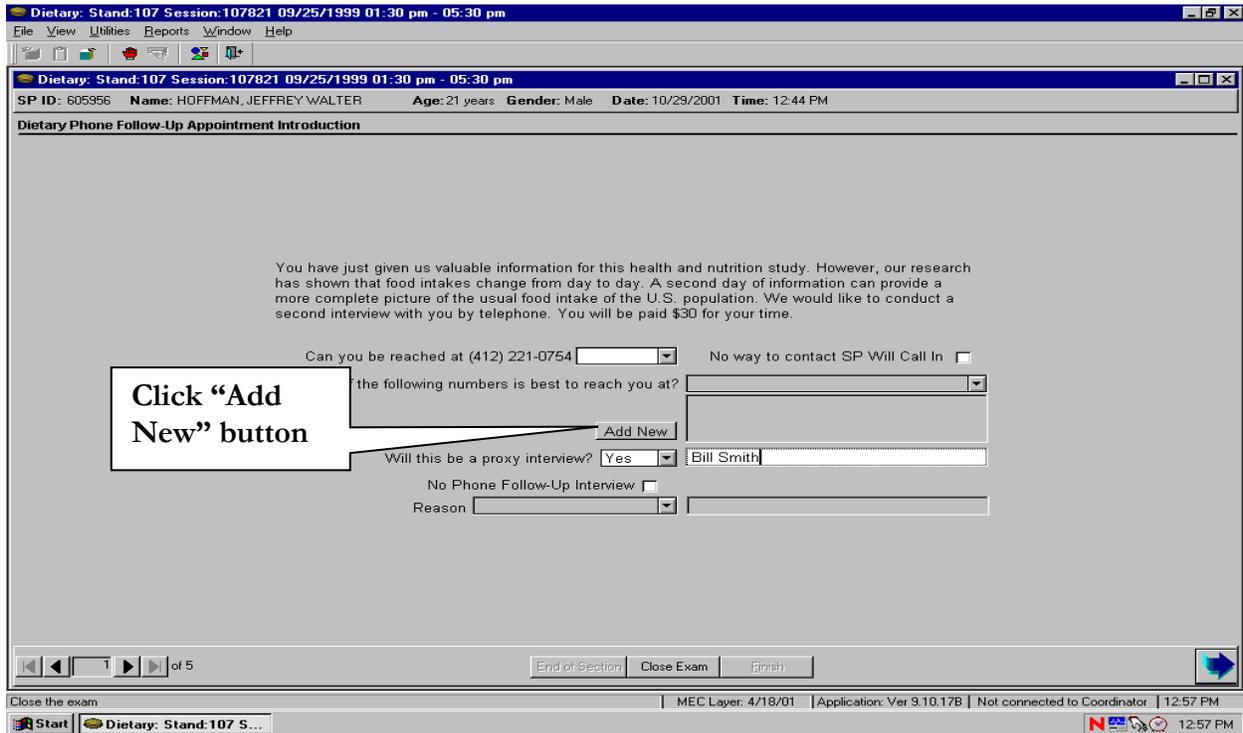
Click on "Insert," select the phone type from the pick list, and type in the new number (Exhibit 7-8). Click "Save" to store this new information in the system. The new number will display in the pick list on the previous screen.

Exhibit 7-8.   Adding a new contact number
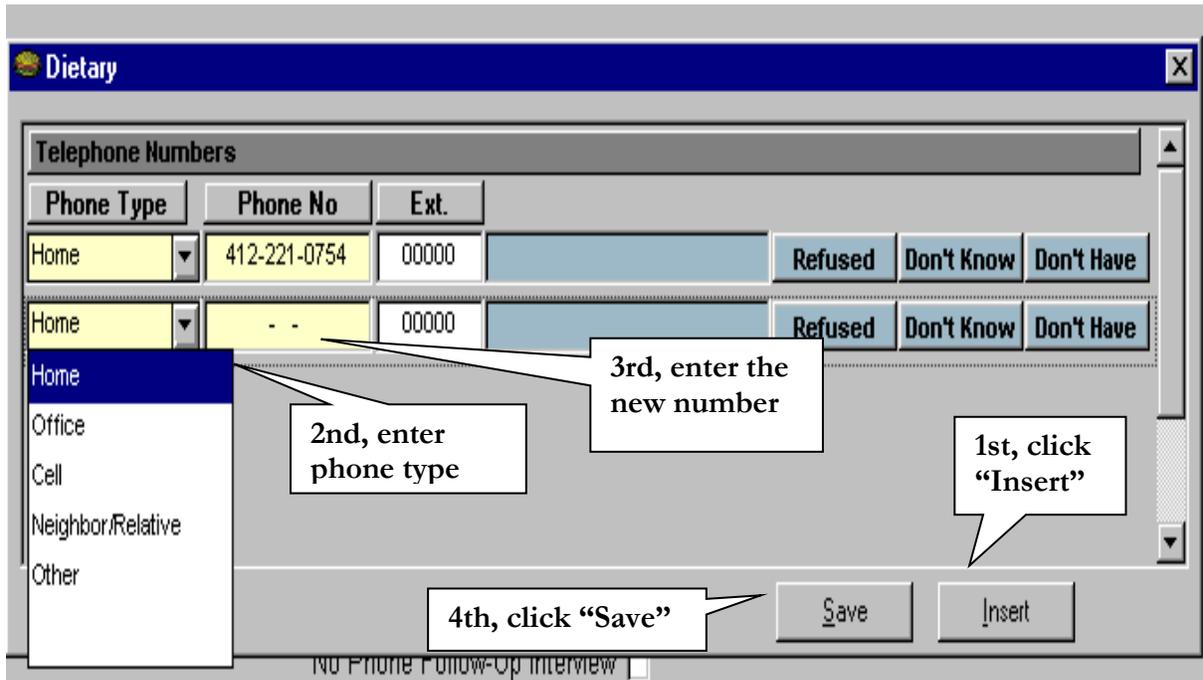
No Telephone. If the SP is willing to participate in a telephone interview but has no phone for you to call them, check the "No way to contact, SP Will Call In" box (Exhibit 7-9). The next screens will be the same as with SPs who will be called for the interview; the only difference is that no reminder call will be triggered for these SPs. The SP will be scheduled for an interview and given a toll-free number to call.

Exhibit 7-9.   No way to contact, SP will call in
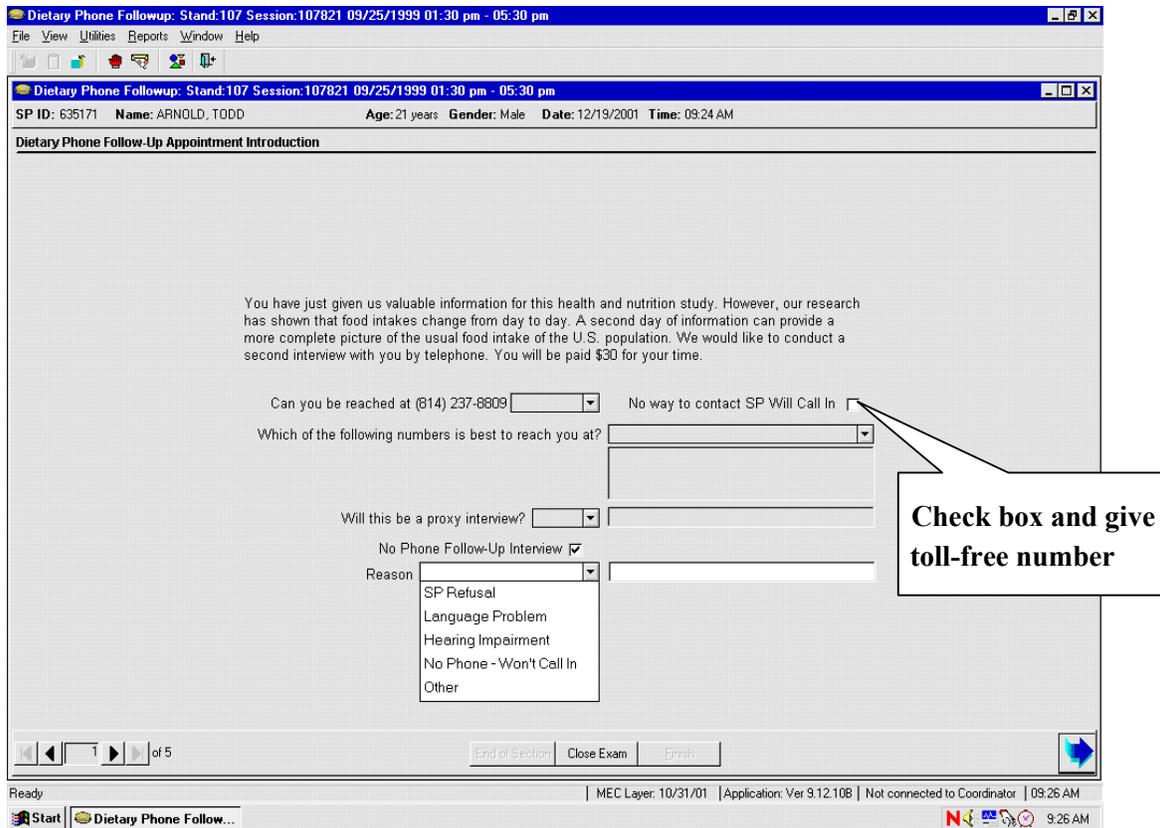
Proxy Interviews. The application requires you to enter "Yes" or "No" to the question "Will this be a proxy interview?" If you answer "Yes," a field opens to the right of the response where you will enter the proxy's name (Exhibit 7-10).

Exhibit 7-10.   Proxy interview

SP Refuses. If an SP attempts to refuse the interview, you should be prepared to convince him or 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 or she still refuses, check the "No Phone Follow-Up Interview" box. This action enables a pick list from which you will select a reason for the refusal (Exhibit 7-11). The pick list options include SP Refusal, Language Problem, Hearing Impaired, No

Phone-Won't 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 7-11.   No phone follow-up reasons
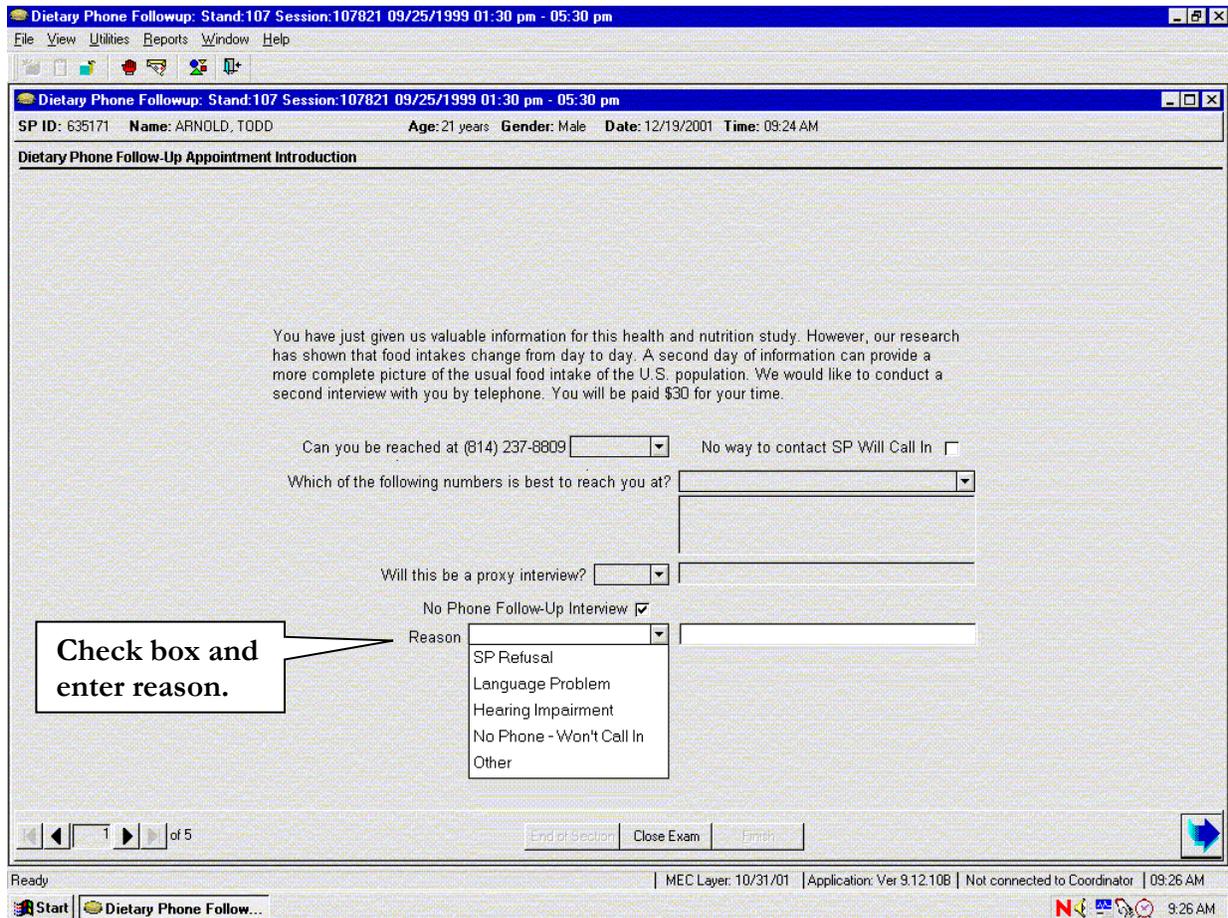
Select Date and Time for Interview. On the next screen (Exhibit 7-12) select a date and time for the phone interview. The screen is divided into two sections. The top section lists the SP and all household members who are participating in the survey. This section lists the SP names, ages, and whether 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.   Scheduling the dietary Phone Follow-Up Appointment screen
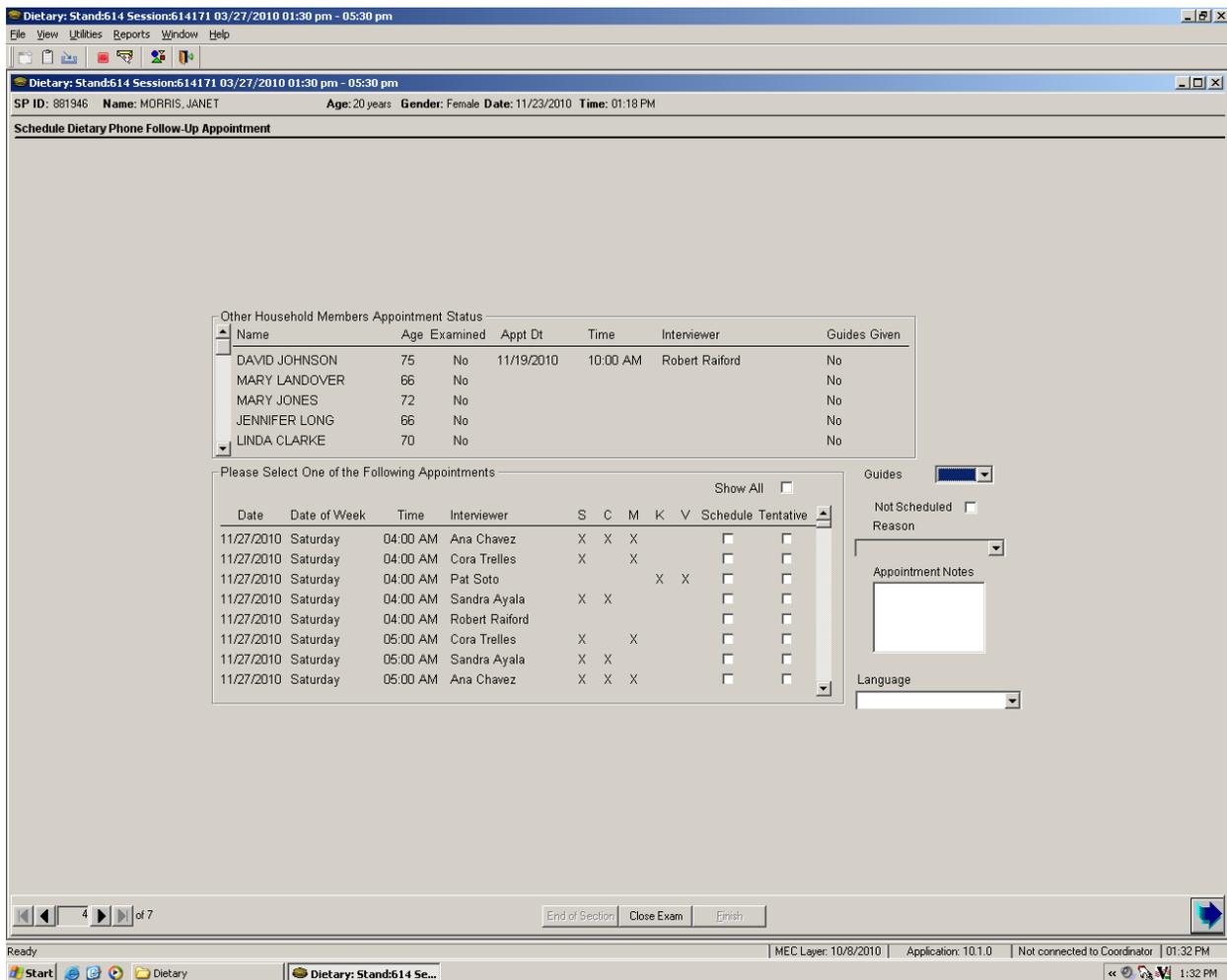
The next section of this screen is a table that is divided into 11 columns of information. The first four columns list the available dates, day of the week, times, and interviewers available for 3 to 10 days after the current date. The available dates do not include the same day of the week as the current 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 fifth through ninth columns tell you what language the interviewer speaks. This is particularly important if you need to schedule a Spanish or Asian language speaking appointment. You can filter the available appointments by each of the different languages the interviewers speak by clicking on the "Language" drop-down menu 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.

The range of appointments that displays begins with 3 days from the MEC visit through 10 days from the MEC visit, skipping the same day of the week as the MEC visit. These are the best possible days for the dietary PFU interview from a data standpoint. The PFU must not be collected on the same day of the week as the MEC interview, and also we want to be able to link the PFU to other data collected at the MEC visit, so timeliness is a concern. However, sometimes the SP simply cannot be scheduled within the window of 3 to 10 days, and then you have the burden of working out a date with them and leaving a note in the Appointment Notes field for the phone supervisors to attempt to schedule them. Unfortunately, the date left in the note is sometimes not possible, as we may not have staff here to do the interview on the given date, or we are not operating due to scheduled database updates.

The solution was to add a feature, a "Show All" filter, on the schedule dietary Phone Follow-Up appointment screen to increase the number of Phone Follow-Up appointments available to you. This will allow you to see all the dates we have phone interviewers available to conduct the interview.

As shown in the screenshot in Exhibit 7-13, you will see the filter is near the top right of the Appointments pane.

Exhibit 7-13.   Scheduling the dietary Phone Follow-Up Appointment screen
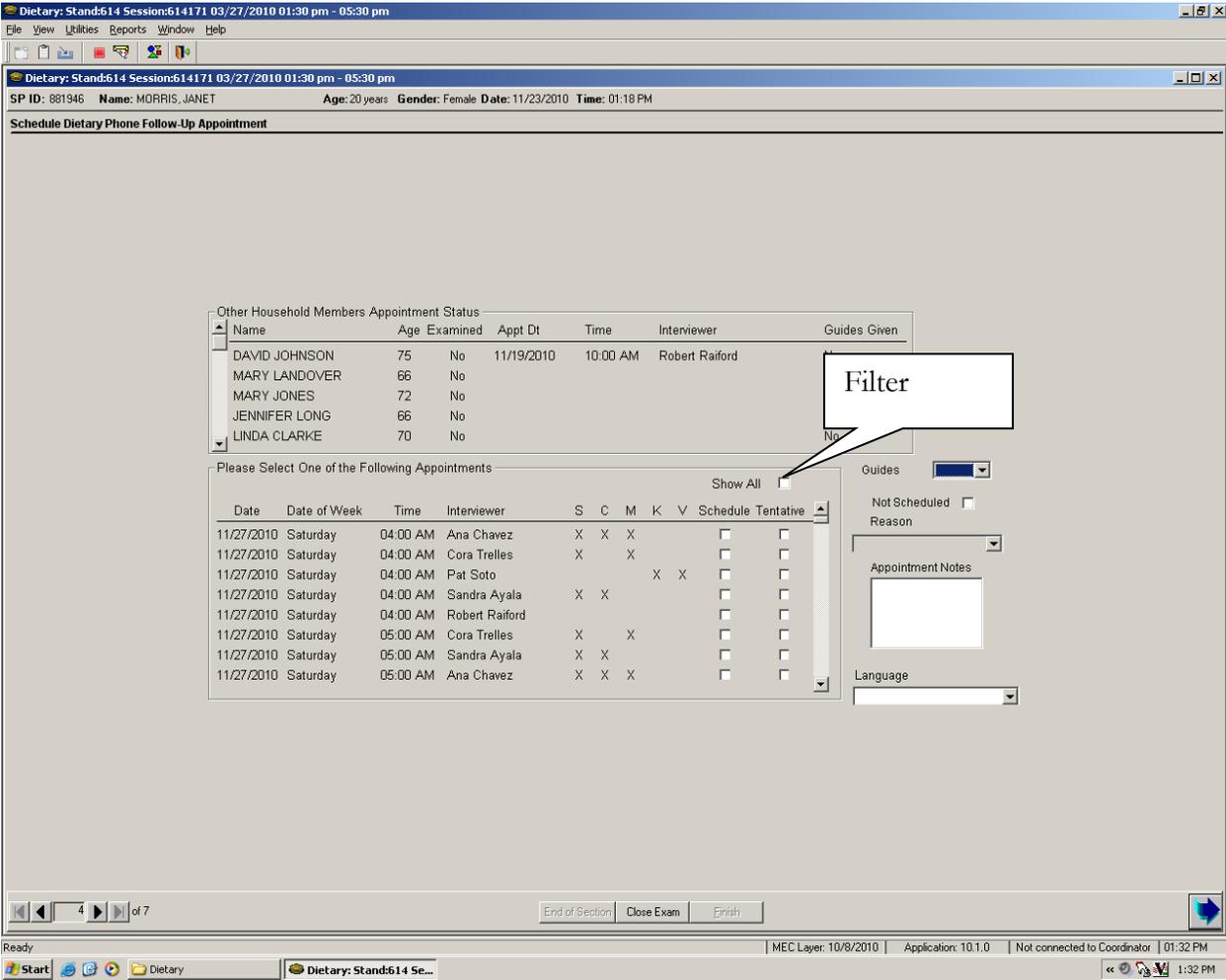
Once you click on the filter box, you will note that the screen refreshes and displays additional appointments in red (Exhibit 7-14). **The appointments displayed in red are outside of the 3- to 10-day window that is the preferred window for selection**. If your SP is absolutely unable to schedule within the preferred window, you may use this filter and attempt to find a suitable appointment from those displayed in red.

Exhibit 7-14.   Scheduling the dietary Phone Follow-Up Appointment screen

We ask that you please use discretion when using this filter for choosing appointments outside the 3- to 10-day window. This action should be performed only when all other efforts to schedule within the normal window fail. We do not anticipate that you will need to do this often, but it will help prevent appointments being sent to the home office that can't be met.

The application requires you to enter a "Yes" or "No" in the field next to "Guides" (see Exhibit 7-15). 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, enter "No" in the field.

Exhibit 7-15.   Scheduling the dietary Phone Follow-Up Appointment screen
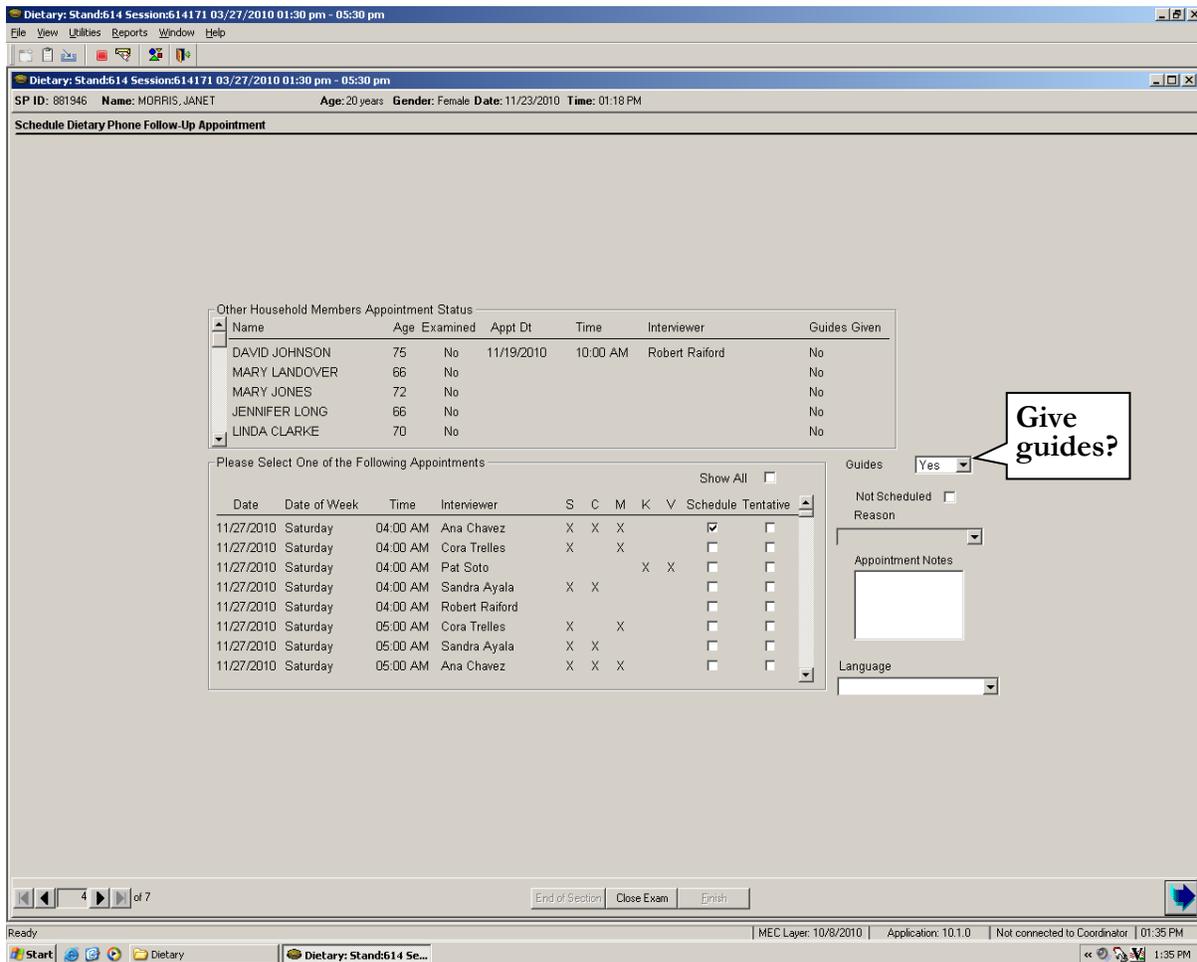
If you cannot schedule an interview, you must check the box next to "Not Scheduled" and enter a reason in the comment field (Exhibit 7-16). Choose "No appointment available" when the schedule is blank with no appointments for you to select. Choose "No time" when there is no suitable appointment in the list. Choose "Schedule later" when the SP can't give you a date or time but is willing to do the phone interview.

Exhibit 7-16.   Appointment not scheduled
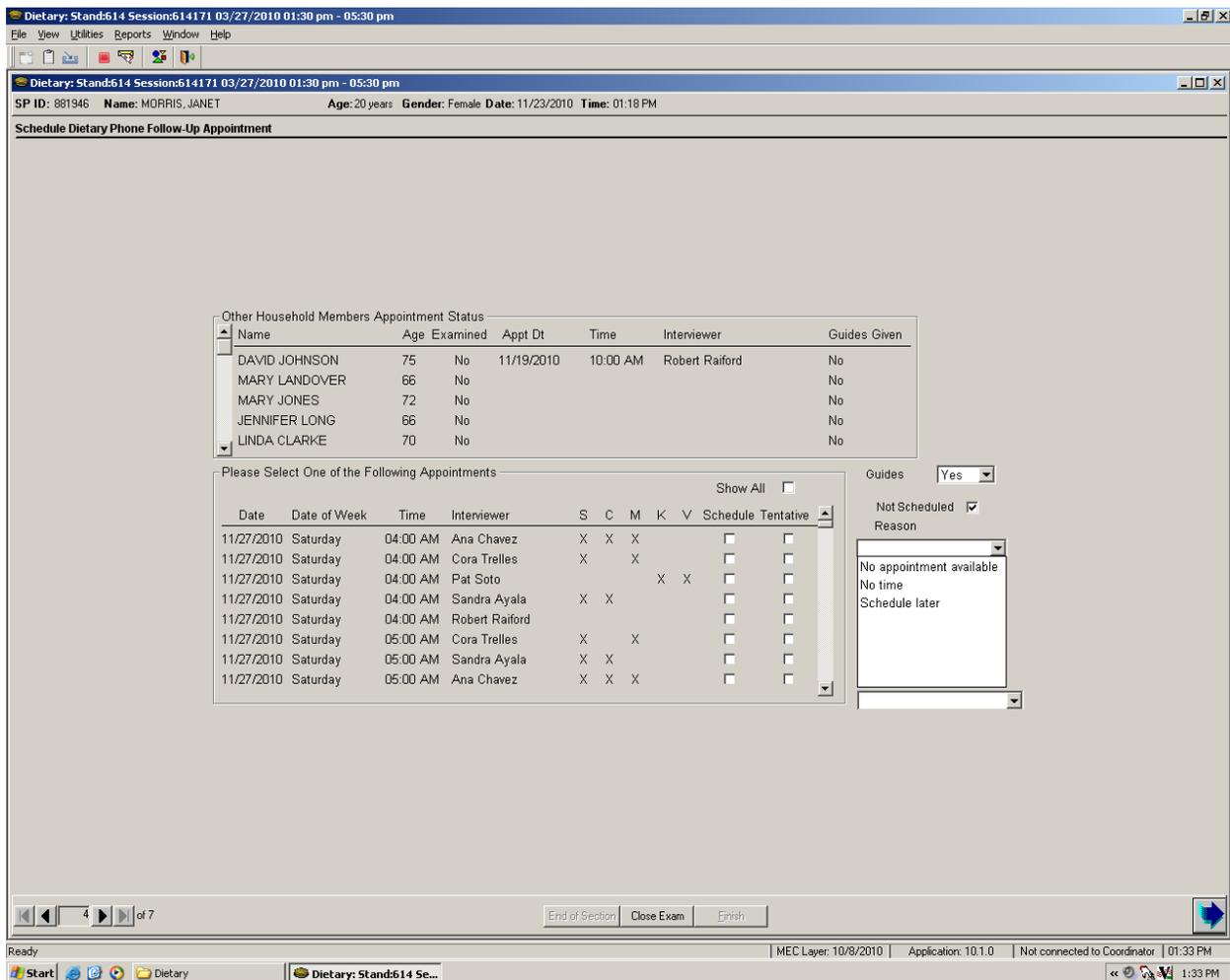
An Appointment Notes field is available for you to communicate important information to the telephone supervisor. For example, if you could not schedule an SP in the 3- to 10-day window because he or she was on a business trip, you would enter that information along with a date when he or she will be available.

Debit Card Screen. After the SP has agreed to a phone interview you will give them a debit card. The debit card is a Visa and is accepted anywhere Visa is accepted. Their payment of $30 will be available for use on the card within 3 business days of completing the dietary interview by phone.

If the person receiving the card will be a dietary proxy for the phone interview (for SPs under 6 years), payments of $30 will be added to the card for each interview they conduct for a child SP. As you know, SPs aged 6-11 are assisted dietary interviews conducted with the child SP and an adult

proxy/assistant. In the MEC we plan to suggest the adult receive the card, but if they want the child SP to receive the card, we will do so as we think many of the SPs aged 9-11 may want their own card. SPs ages 12 and up do their own dietary interview and will get their own card.

The dietary interviewers will scan each card in the dietary room so that it is linked to an SP. However, for security we will have the interviewers bundle the card with the other dietary study materials and pass this on to the coordinators who give the materials to the SPs when they check out of the MEC. To prevent cards being mixed up, please write the first name(s) of the SP on the card envelopes. The coordinator will have the cards with the Dietary Appointment Reminder Card and the Report of Findings when they check out.

If you have a database disconnect and were unable to schedule the SP in the system and get the screen to assign the card, you will give them the guides and a card. Following your protocol for these situations, you will email Pat Soto with the appointment, but we also need you to create a UFO with the SP ID and debit card number you gave them. You can scan the card in the UFO application. The home office staff can then make sure that card number is assigned to that SP. If the SP is marked Not Scheduled for any reason on the Appointment screen, you will also be giving them a card. The Debit Card screen (Exhibit 7-17) will come up to assign a card to the SP.

Exhibit 7-17.   Debit Card screen
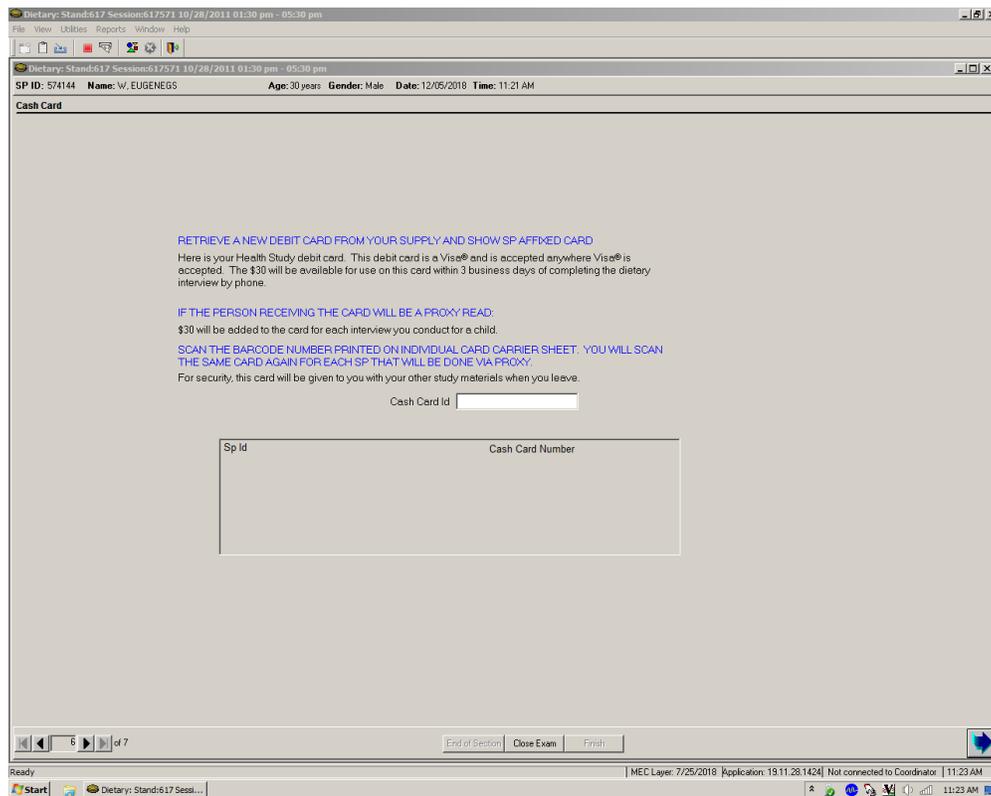
Introduce Measuring Guides. After assigning the SP to a debit card, introduce the measuring guides that you will send home with the SP (Exhibit 7-18). The SP will need these guides during the phone interview to accurately describe the amounts of foods consumed. The measuring guide package will include the Food Model Booklet, measuring cups, measuring spoons, a ruler, and two household spoons. As you read the text on the screen, shown in Exhibit 7-18, flip through the Food Model Booklet with the respondent to familiarize him or her 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, give the guides to the adult male head of household member. Two sets of guides may be given 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 7-18.   Dietary Phone Follow-Up Measuring Guides Explanation screen script
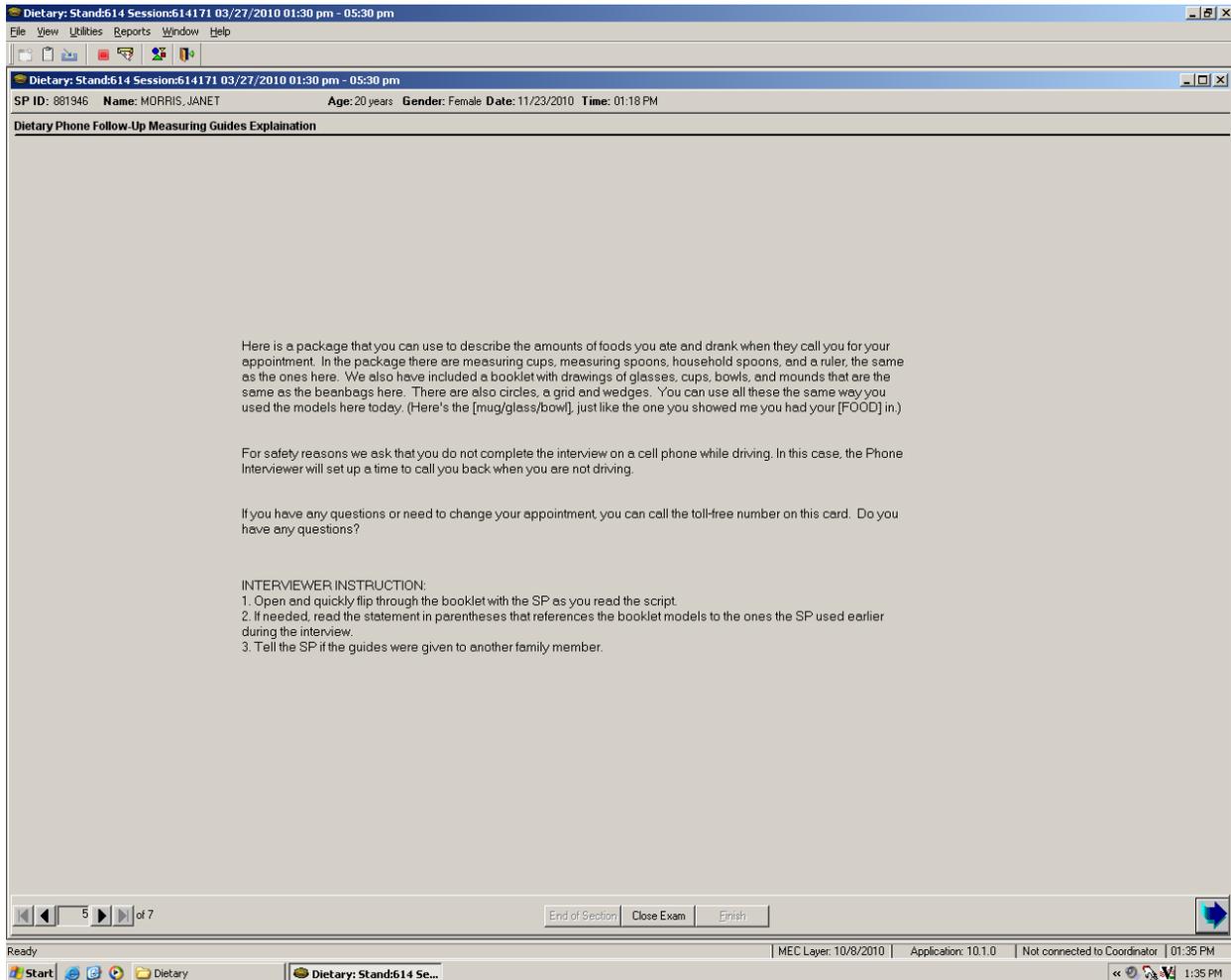
After scheduling and giving the SP a set of guides, fill out a reminder card with the SP's appointment and any family member's appointments that you may have made. Someone from the telephone operations staff will call the SP a day in advance of the appointment to remind the SP as well.

7.6   Observations Questions

The Dietary Recall Observations screen (Exhibit 7-19) is the last screen in the Post-Recall section. The screen contains four questions for you (the interviewer) to complete. You must answer all the questions on this screen before going to the next screen.

Exhibit 7-19.   Observations screen

The first question asks you what language was used for the interview. The response categories include English, Spanish, English and Spanish, Cantonese, Cantonese and English, Mandarin, Mandarin and English, Korean, Korean and English, Vietnamese, Vietnamese and English, and Other. You can select the appropriate option by typing the first letter of your choice (e.g., "S" for Spanish). 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 pick list to indicate that a translator helped.

The last section is a list of conditions for you to check if applicable to the interview. There are 12 selections to choose from on the pick list, including "Other, Specify," and specify the reason. This is a CATA question, so you can choose more than one answer. You may also indicate that the intake may be unreliable and must specify why you feel this way.

7.7   Post-Recall Section Status

This screen (Exhibit 7-20) 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."

Exhibit 7-20.   Post-Recall Section Status screen

If the screen indicates a "Not Done" or "Partial" status, you must enter a comment before finishing the interview. Comments include:

- Safety exclusion,

- SP refusal,

- No time,

- Physical limitation,

- Communication problem,

- Equipment failure,

- SP ill/emergency,

- Interrupted, and

- Proxy no information.

To close the interview, press the "Finish" button on the bottom of the screen.

Additional Intake Procedures 8

This chapter discusses procedures that are specific to the Dietary Recall interview. The procedures include:

- Conducting proxy and assisted interviews;

- Interviewing children;

- Conducting data retrieval;

- Documenting special situations such as skipped meals, missing meals, fasting study participants (SPs), and breast-fed infants;

- Referring to foods previously reported by the SP or other household 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 (Exhibit 8-1), 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, babysitter, 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 daycare center, at a babysitter's home, or with some other caretaker. 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 hand card 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 that, 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 and 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 or herself.

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 to 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 (QL) 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 to 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 QL. After the child reports the QL, 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 QL, 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 QL, 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 Main Food List (MFL), pick "school breakfast," "school lunch," "unknown meal," or some other occasion that describes the meal.

2. **UNKNOWN Meal 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 (Exhibit 8-2). If the respondent reports "Yes," enter "1" to go back to the Respondent Food List (RFL) and enter the foods. If the respondent reports "No," enter "2" and continue.

Exhibit 8-2.   Unknown meal category screen—school breakfast

The next screen (Exhibit 8-3) 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 meal category screen—school meal amount eaten question

Reported eating occasion on QL, then reported <u>some, but not all,</u> 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 Meal category.** When you get to that occasion in the interview the program will automatically link you to the Unknown Meal category. The first question you will read will ask SPs if they can tell you what they ate for the occasion (Exhibit 8-4). When you enter "1" for "Yes," the system will take you back to the RFL to add the foods.

Exhibit 8-4. Unknown meal category screen—school lunch

Can Janice tell me what Janice had for the School lunch?

◉ 1. Yes, return to the RFL to enter foods
○ 2. No, foods need data retrieval

3. **Ask "anything else."** After you enter the remembered foods on the MFL, ask "anything else." (See Exhibit 8-5.)

Exhibit 8-5. RFL – SP remembers additional foods for occasion

[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 does not know what they were, do the following:

> (1) Type in "unknown meal" on the 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 "1" (Include in Intake) on the category Start screen.
>
> (4) Enter "No" (2) to the question about whether the SP knows what foods were eaten in the meal.
>
> (5) Enter 1 then END to continue with the interview.

Example: During the QL pass, a proxy mother reports that her son ate "school lunch." When you ask the details about "school lunch," the SP reports he ate a hamburger. The mother says she knows he ate more than that for his school lunch. When you are on the RFL, add "unknown meal" and flag for it data retrieval when you get to the details.

Reported foods on QL, then reported missing foods for the same occasion. If, during the QL, an SP or proxy respondent reports 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 Meal category.** When you get to the unknown eating occasion, do the following:

> (1) On the category Start screen, enter "1" for Include in Intake and "2" (No, foods need data retrieval).
>
> (2) Press END to exit the food details and ask the Source questions.
>
> (3) Continue with the interview.

Example: A child SP reports pancakes on the QL for school breakfast. He later remembers that he ate other foods, but cannot 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 entered any placeholders on the RFL (e.g., "school breakfast," "school lunch," "unknown meal"), you will be prompted at the end of the Dietary Recall interview to obtain information about whom to call to retrieve the missing data. (See Exhibit 8-6.) 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 be asked only when placeholders are entered on the RFL. If the Dietary Recall needs data retrieval, you will collect information about the data retrieval source(s) here.

The first screen (Exhibit 8-6) 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

The following screen (Exhibit 8-7) 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

If the contact person is from a school or daycare, the AMPM will ask the name of the school or daycare place (Exhibit 8-89).

Exhibit 8-8. Data retrieval source screen—name of school or daycare question

Three separate screens (Exhibit 8-9) collect the contact person's phone number (area code, exchange, and local).

Exhibit 8-9. Data retrieval source screen—source phone number

Once the number has been entered, you will confirm the number and make any changes necessary (Exhibit 8-10).

Exhibit 8-10. Data retrieval source screen—source phone number or confirmation

The next data retrieval screen allows you to enter any comments that will assist in the data retrieval process. The AMPM system will include 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).

Exhibit 8-11. Data retrieval source screen—additional comments

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, containing a list of foods needing data retrieval 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 data retrieval 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 data retrieval. 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 data retrieval and repeat the process until all foods on the data retrieval report have been addressed.

8. If at any time the data retrieval contact cannot provide the necessary details, leave a remark (F6 function key) describing why data retrieval was not successful.

9. Close the intake. Note that the section status is now complete.

If you cannot contact the source within the timeframe noted above, enter the case and navigate to the eating occasion(s) needing data retrieval. Select "Redo" and then "Include in Intake." Then press F10 to get back to the RFL. Next to the food or meal needing data retrieval, open a remark box (F6 function key) and leave a remark 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 QL, for example, "dessert" or "snack." The program will link those terms with the Unknown Meal category. If the SP cannot report the foods consumed, enter F8 (which inserts a question mark) for "don't know" 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, this is the case if an 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 Forgotten Food List probes.
>
> (3)   Ask health-related questions.

8.7   Documenting Breastfed Infants

When a proxy reports that an infant SP was breastfed, 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), as you are not required to ask for an occasion name if the SP is under 2. 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 include the location question.

If a proxy reports that an infant is **exclusively** breastfed, you do not need to read all the text on the Measuring Guide Instructions Screen. You can simply read the first sentence and go to the next screen. (*"Now we're going to fill in your list with more detail."*) However, for bottle-fed infants, the screen must be read, since foods may be added to the bottle that may require the SP to report quantities using the guides.

Furthermore, if the infant was **exclusively** breastfed, you may follow these steps:

1.   On the QL, in the FoodName column, enter "breast milk" only one time and type "XXX" to continue.

2. Proceed to the Forgotten Food List screens and ask and answer all of the probes.

3. Highlight "breast milk" on the RFL and press the F6 function key to enter a remark. In the remark box, enter all of the times the baby was nursed/fed.

4. At the Time and Occasion Pass, enter the first reported time the infant was breastfed. Enter "Feeding-infant only" ("8") for the occasion.

5. Enter "1" to continue. [As stated above, you do not need to read all of the Measuring Guide Instructions Screen text (*"Now we are going to fill in your list with more details"* for in-person interviews/*"When I ask how much you ate..."* for phone interviews).]

6. Ask the Midnight to First Occasion Probe.

7. Read the Review of Event screen.

8. Reword the Last Occasion to Midnight Probe: *"Did (NAME) have anything* else *to eat or drink between these feedings and midnight last night?"* while noting the times documented in the Remark box.

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 (Exhibit 8-12) that will prompt you for the following information:

■ Eating Occasion or Time.

■ Reference Person's SP #.

■ If necessary, indicate whether this is a MEC interview, a Phone Follow-up, or a 2nd MEC Exam.

Exhibit 8-12.   "Same As" screen

If you are referring to a food reported earlier in the interview, you will need to document only 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 refer to another household member only if you completed the interview that collected that information on the same day.

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: (1) the SP did not eat a reported food on the recall day; (2) the SP changed the time of the eating event while in the food details; or (3) the food name did not match the details reported by the SP. The procedures for misreporting each scenario are described below.

SP Did Not Consume the Food on the Recall Day. When a food on the RFL is incorrect either because 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:** Type "error" over the food name. "Error" can be used to remove a food from the RFL only during the QL and Time and Occasion Passes. The program will not allow "Error" beyond this point, and the food must be misreported as explained below.

- **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 the Time While Collecting the Food Details. If the respondent changes the time a food was consumed while you are 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 the F10 function key 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). (For example, if the SP reported candy at 10 a.m. but changed the time to 2 p.m. 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 the 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 "orange juice" on the QL but remembers that it was "pineapple-orange juice" in the details when you asked, *"Was the orange juice 100% juice?"* Or he or she might 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.

■ Arrow up to the Category Start screen and select "Misreport."

■ Press "1," Enter, and END, as instructed on the screen, to continue to the next food.

■ Press the F10 key to access the RFL.

■ **Arrow down** to the "XXX" and enter the corrected food name with time and occasion.

■ 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 5), remembered additions must be tied to the appropriate primary food. For instance, if the respondent adds sugar to his or her 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 Remark box, but where you record it depends on whether it is a primary food or an addition.

- **Primary food** – Press Home key and then the F6 key to open the remark box.

- **Addition to primary food** – Type "Error" over the addition, go to the **AMOUNT SCREEN** for the primary food, and press the F6 key 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 Remark 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 applies only 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 be entered only 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 be only accessed five times since biscuits are not frequently consumed. The table below (Exhibit 8-13) 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 is 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. <u>IF FOOD IS A PRIMARY FOOD, ENTER</u> NAME, DETAILS, AND AMOUNT.

4. <u>IF FOOD IS AN ADD, ENTER</u> NAME DETAILS, AMOUNT, PRIMARY FOOD NAME.

5. 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 food details as described above. If the food is an addition, make sure you include the name of the primary food. If you forget any of the instructions, you can pull them up by clicking on the Maximum Accessions tab that will be enabled when this occurs (Exhibit 8-14).

Exhibit 8-14.   Maximum Accessions tab

Water tips:

- Enter all water reported on the QL or as a remembered food.

- Collect the details in the intake.

Quality Control 9

A variety of quality control (QC) procedures will be used in the NHANES dietary component to ensure 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;

- Recorded 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 the automated system; and

- Proper use of food models.

9.2   Recorded Interviews

The Dietary application has been modified to include enhancements to control the recording of the interview. All study participant (SP) interviews are to be recorded if the respondent agrees. The recording will start at the beginning of the exam and will end as the exam is closing.

The USDA Automated Multiple Pass Method (AMPM) Intake and the Dietary Supplements sections, which are both Blaise™ instruments, have been modified to allow the interviewer to manually pause and unpause (resume) the recording as well as completely stop and save the recording.

A standard screen will be displayed (Exhibit 9-1).

Exhibit 9-1.   Permission to record interview screen

A standard part of our quality control procedures is to record interviews.

The information being recorded is protected and kept confidential, the same as all your answers to the survey.

This recording will be used to improve the quality of our survey and to review the quality of my work.

The computer is now recording our conversation.

Do I have your permission to record this interview?

Does Respondent Agree?

Yes
No
Did not offer

Note that should the interviewer feel that the offer of recording the interview may jeopardize the interview, he or she can indicate "Did Not Offer" to bypass the audio recording. Nevertheless, the standard procedure should be read to all respondents this script. If the respondent did not agree, or if the option to record the interview was not offered to the SP, the interview will proceed without taping.

Functionality in AMPM and Supplements Sections

You will notice that the toolbar in the AMPM has three colored buttons: PAUSE, RESUME, and STOP (Exhibit 9-2).

Exhibit 9-2. **Recording control buttons**
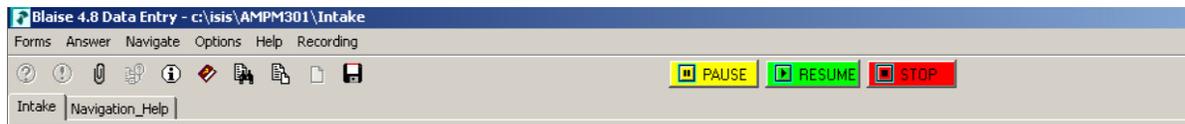
The audio recording service application has been designed to perform the following functions:

■ **Pause Recording –** The yellow button will pause an active recording. Once paused, the system will indicate whether or not it is currently paused with this message (Exhibit 9-3).

■ **Resume Recording –** The green button will resume the paused recording.

■ **Stop Recording –** The red button will stop and save the current recording. You will get this message (Exhibit 9-4) if you click on the "Stop" button.

Exhibit 9-3. **Paused interview message**

Exhibit 9-4. **Stop recording message**
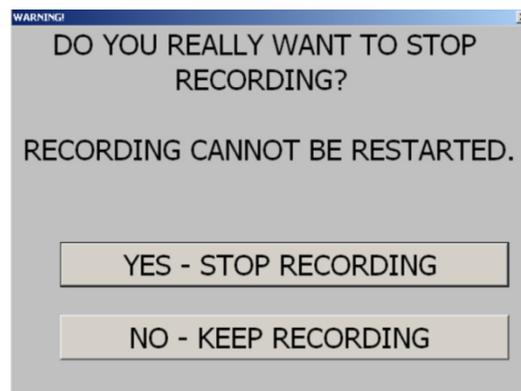
If you select "No," you will continue recording the interview. If you select "Yes," you will stop recording and there is no option of continuing to record this interview.

Although the interviewer can pause and/or unpause (resume) recordings, there will be no provision to restart the recording once it has been stopped. If a recording is paused and the interviewer advances to the next screen without unpausing the recording, a message box (Exhibit 9-5) will appear with the following message.

Exhibit 9-5. Paused interview message

When you press the "OK" button, you will proceed to the next question. This is so you will not forget to unpause a recording while in the interview.

You will note that the toolbar has an additional Recording Menu (Exhibit 9-6). Here, you may also select from the drop-down menu to Pause, Resume, or Stop recording.

Exhibit 9-6. Recording drop-down menu in AMPM
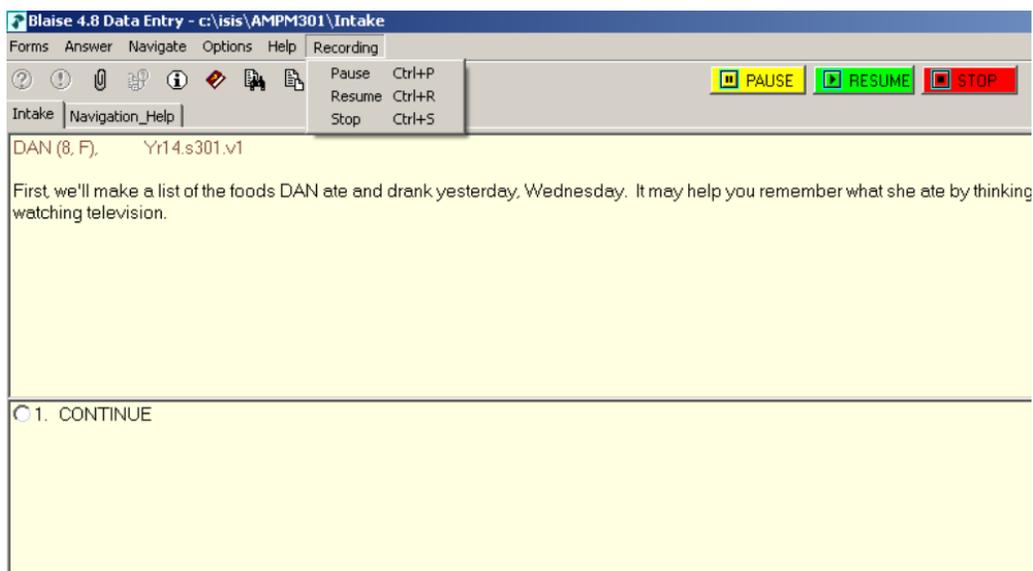
Functionality in the Post-Recall Section

While in the PowerBuilder section of the interview, you will find these functions may be accessed via menu items as shown below (Exhibit 9-7).

Exhibit 9-7. Pause recording icon in PowerBuilder tool bar

Click here to pause the recording during the Post-Recall section
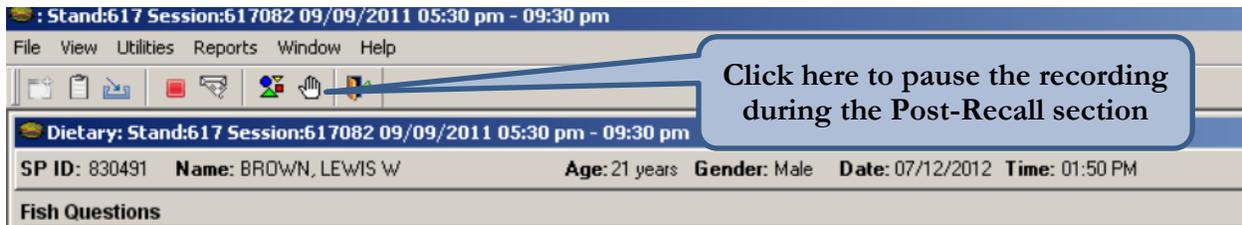
You may stop the recording while in the Post-Recall via the Utilities Menu (Exhibit 9-8).

Exhibit 9-8. Utilities drop-down menu in PowerBuilder

Home office staff will review the recordings to monitor the quality of the interview and provide written feedback to the interviewer.

9.3   Data Retrieval

The overall quality of the data goes hand in hand with completeness; thus, data retrieval is an integral part of QC. 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 on the RFL for the meal you are trying to retrieve and enter the following 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

Food Name	FIB Category
1 milk	Milk
2 milk	Milk
7 layer dip	Dip
7 Up	Sodas, Pop, Soft Drinks
A1 Sauce	Condiments, Sauce, Salsa
Agave liquid sweetener	Syrups, Pancake Syrup
Airheads candy	Candy
Alcoholic cocktail	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Alcoholic drink	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Alcoholic mixed drink	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Alcoholic punch	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Alfredo sauce	Condiments, Sauce, Salsa
All Sports drinks	Energy & Sports Drinks
Almond butter	Peanut Butter
Almond butter sandwich	Peanut Butter Sandwich, Peanut Butter and Jelly Sandwich
Almond chicken Chinese	Chinese Mixed Dishes
Almond Joy candy	Candy
Almond milk	Milk
Almond paste	Peanut Butter
Almonds	Nuts and Seeds
Amaretto	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Ambrosia salad	Other Salads
American cheese	Cheese
Amish friendship bread	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
AMP energy drink	Energy & Sports Drinks
Anchovies	Fish, Shellfish
Angel food cake	Cakes, Cupcakes, Snack Cakes
Angel hair pasta	Pasta, plain or with sauce
Animal cracker	Cookies, Brownies
Antelope	Beef, Lamb, Veal, Game Meats
Antipasto	Other Salads
Appetizers	Unknown
Apple	Fruits, Berries

Food Name	FIB Category
Apple butter	Jam, Jelly, Fruit Spreads
Apple chips	Fruits, Berries
Apple cider	Juices (100%), Drinks, Ades
Apple cobbler	Pies, Tarts
Apple crisp	Pies, Tarts
Apple Jacks cereal	Ready-to-Eat Cereals
Apple juice	Juices (100%), Drinks, Ades
Apple pie	Pies, Tarts
Applesauce	Fruits, Berries
Apricot	Fruits, Berries
Arby's french fries	French Fries, Tater Tots
Arepa	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
Arizona Tea	Tea, Hot & Iced
Arroz	Rice
Artichoke	Vegetables, Dry Beans
Artichoke dip	Dip
Artificial sweetener	Low Calorie Sweeteners, Sugar Substitutes
Arugula	Vegetables, Dry Beans
Asian pear	Fruits, Berries
Asopao de gandules	Mixed Dishes, Casseroles
Asparagus	Vegetables, Dry Beans
Aspartame sugar substitute	Low Calorie Sweeteners, Sugar Substitutes
Atole	Flavored Milk Drinks
Atole de avena	Flavored Milk Drinks
Atole de chocolate	Flavored Milk Drinks
Au gratin potato	White Potatoes
Avocado	Fruits, Berries
Baba Ghanoush	Dip
Babka	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Baby food cereal	Dry Baby Cereal
Baby food oatmeal	Dry Baby Cereal
Baby food rice cereal	Dry Baby Cereal
Baby Ruth candy	Candy
Baby Toddler apple juice	Juice, Baby Food
Baby Toddler bar	Baby Toddler Food
Baby Toddler cookie	Baby Toddler Food
Baby Toddler cracker	Baby Toddler Food
Baby Toddler food	Baby Toddler Food
Baby Toddler formula	Formulas
Baby Toddler fruit	Baby Toddler Food
Baby Toddler juice	Juice, Baby Food
Baby Toddler meat	Baby Toddler Food
Baby Toddler melt	Baby Toddler Food

Food Name	FIB Category
Baby Toddler puff	Baby Toddler Food
Baby Toddler snack	Baby Toddler Food
Baby Toddler teething biscuit	Baby Toddler Food
Baby Toddler vegetable	Baby Toddler Food
Baby Toddler yogurt	Baby Toddler Food
Baby water	Water, Carbonated Water
Bacalaito	Fish, Shellfish
Bacalao	Fish, Shellfish
Bacon	Bacon
Bacon bits	Bacon
Bacon grease	Butter, Margarine, Spreads, Butter Replacements
Bacon sandwich	Breakfast Sandwiches and Burritos
Bagel	Rolls, Buns, Bagels, English Muffins
Bagel Bites	Pizza, Pizza Rolls, Bagel Bites
Bagel chips	Crackers
Baguette	Bread (Not Sweet)
Baileys Irish Cream	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Baked Alaska	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Baked apples	Fruits, Berries
Baked beans	Beans and Peas
Baked potato	White Potatoes
Baked ziti	Mixed Dishes, Casseroles
Baklava	Pies, Tarts
Balsam pear	Vegetables, Dry Beans
Bamboo shoots	Vegetables, Dry Beans
Banana	Fruits, Berries
Banana bread	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Banana chips	Fruits, Berries
Banana nut bread	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Banana pudding	Pudding
Banana split	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Bar	Breakfast Bars, Granola Bars, Meal Replacement Bars
Barbecue (bbq) sauce	Condiments, Sauce, Salsa
Barfi/burfi	Pudding
Barley	Cooked Cereals
Basil	Vegetables, Dry Beans
Basmati rice	Rice
Bbq	Barbecue, Sloppy Joe
Bbq chicken	Poultry
Bbq ribs	Ham or Pork

Food Name	FIB Category
Bbq sandwich	Barbecue, Sloppy Joe
Bbq spareribs	Ham or Pork
Bean burger	Burgers
Bean curd	Mixed Dishes, Casseroles
Bean dip	Dip
Bean loaf	Meatloaf, Meatballs
Bean paste	Jam, Jelly, Fruit Spreads
Bean salad	Other Salads
Bean soup	Soups
Bean sprouts	Vegetables, Dry Beans
Beans	Beans and Peas
Beans and franks	Beans and Peas
Beans and rice	Beans and Rice
Bear	Beef, Lamb, Veal, Game Meats
Beaver	Beef, Lamb, Veal, Game Meats
Beef	Beef, Lamb, Veal, Game Meats
Beef and broccoli Chinese	Chinese Mixed Dishes
Beef and noodles	Mixed Dishes, Casseroles
Beef and potatoes	Mixed Dishes, Casseroles
Beef and rice	Mixed Dishes, Casseroles
Beef and vegetables	Mixed Dishes, Casseroles
Beef barley soup	Soups
Beef bbq	Barbecue, Sloppy Joe
Beef bbq sandwich	Barbecue, Sloppy Joe
Beef bouillon	Soups
Beef fried rice	Chinese Mixed Dishes
Beef hash	Mixed Dishes, Casseroles
Beef jerky	Jerky, Dried Meats
Beef lo mein	Chinese Mixed Dishes
Beef mixed dish	Mixed Dishes, Casseroles
Beef ribs	Beef, Lamb, Veal, Game Meats
Beef stew	Stews, Guisado, Goulash
Beef stroganoff	Beef Stroganoff
Beef w vegetables Chinese	Chinese Mixed Dishes
Beefaroni	Pasta, plain or with sauce
Beer	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Beet borscht soup	Soups
Beet greens	Vegetables, Dry Beans
Beets	Vegetables, Dry Beans
Beignet doughnut	Doughnuts
Belgian waffle	Waffles
Berries	Fruits, Berries
Birch beer	Sodas, Pop, Soft Drinks
Biryani	Mixed Dishes, Casseroles

Food Name	FIB Category
Biscotti	Cookies, Brownies
Biscuit	Biscuits
Biscuit w gravy	Biscuits
Bitter melon	Vegetables, Dry Beans
Black beans	Beans and Peas
Blackberries	Fruits, Berries
Blackeyed peas	Beans and Peas
Bloody Mary	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
BLT sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Blue cheese	Cheese
Blue cheese dressing	Salad Dressings, Mayonnaise
Blueberries	Fruits, Berries
Blueberry muffin	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Blueberry pancakes	Pancakes/Flapjacks
Blueberry pie	Pies, Tarts
Blueberry syrup	Syrups, Pancake Syrup
Blueberry waffle	Waffles
Boiled potato	White Potatoes
Bok choy	Vegetables, Dry Beans
Bolillo roll	Rolls, Buns, Bagels, English Muffins
Bologna	Deli Meats, Packaged Lunch Meats, Meat Spreads, Potted Meat
Bologna and cheese sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Bologna sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Boneless buffalo wings	Poultry
Boneless hot chicken wings	Poultry
Boneless wings	Poultry
Boost supplement	Powdered Breakfast Drinks, Meal Replacements, Protein Supplements
Bottled water	Water, Carbonated Water
Bourbon	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Boysenberries	Fruits, Berries
Brains	Beef, Lamb, Veal, Game Meats
Bran cereal	Ready-to-Eat Cereals
Bran flakes cereal	Ready-to-Eat Cereals
Bran muffin	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Brandy	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor

Food Name	FIB Category
Bratwurst sausage	Sausage
Bread	Bread (Not Sweet)
Bread pudding	Pudding
Breadfruit	Vegetables, Dry Beans
Breadsticks	Garlic Bread & Breadsticks
Breakfast	Unknown
Breakfast bar	Breakfast Bars, Granola Bars, Meal Replacement Bars
Breakfast burrito	Breakfast Sandwiches and Burritos
Breakfast links	Sausage
Breakfast Pizza	Pizza, Pizza Rolls, Bagel Bites
Breakfast sandwich	Breakfast Sandwiches and Burritos
Breakfast sausage	Sausage
Breakfast taco	Breakfast Sandwiches and Burritos
Breast milk	Breast Milk
Breath mints	Candy
Brie cheese	Cheese
Brioche	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Brisket	Beef, Lamb, Veal, Game Meats
Broccoflower	Vegetables, Dry Beans
Broccoli	Vegetables, Dry Beans
Broccoli raab	Vegetables, Dry Beans
Broth	Soups
Brown rice	Rice
Brown sugar	Sugars
Brownie	Cookies, Brownies
Brunch	Unknown
Bruschetta	Bread (Not Sweet)
Brussel sprouts	Vegetables, Dry Beans
Buckwheat groats	Cooked Cereals
Buffalo	Beef, Lamb, Veal, Game Meats
Buffalo chicken wings	Poultry
Buffet	Unknown
Bugles	Other chips and puffs
Bulgur	Cooked Cereals
Bun	Rolls, Buns, Bagels, English Muffins
Burger	Burgers
Burger King cheeseburger	Burgers
Burger King double cheeseburger	Burgers
Burger King french fries	French Fries, Tater Tots
Burger King hamburger	Burgers
Burger King Whopper	Burgers
Burger King Whopper Jr	Burgers
Burrito	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas

Food Name	FIB Category
Burrito bowl	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
Butter	Butter, Margarine, Spreads, Butter Replacements
Butter beans	Beans and Peas
Butter Buds	Butter, Margarine, Spreads, Butter Replacements
Butter cookie	Cookies, Brownies
Butter replacement	Butter, Margarine, Spreads, Butter Replacements
Butterfinger candy	Candy
Buttermilk	Milk
Butterscotch candy	Candy
Butterscotch pudding	Pudding
Butterscotch topping	Syrups, Pancake Syrup
Cabbage	Vegetables, Dry Beans
Cabbage soup	Soups
Cactus	Vegetables, Dry Beans
Caesar dressing	Salad Dressings, Mayonnaise
Caesar salad	Green Salads
Café con leche	Coffee, Specialty Coffees
Cajun rice	Rice
Cake	Cakes, Cupcakes, Snack Cakes
Calabaza	Vegetables, Dry Beans
Calamari	Shellfish
Calzone	Calzones, Stromboli
Canadian bacon	Bacon
Candied apple	Fruits, Berries
Candied sweet potato	Sweet Potatoes
Candy	Candy
Candy bar	Candy
Candy cane	Candy
Candy corn	Candy
Cannelloni	Ravioli, Tortellini, Manicotti, Cannelloni, Stuffed Shells
Cannoli pastry	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Cantaloupe	Fruits, Berries
Cap'n Crunch cereal	Ready-to-Eat Cereals
Cappuccino coffee	Coffee, Specialty Coffees
Capri Sun drink	Juices (100%), Drinks, Ades
Caramel apple	Fruits, Berries
Caramel candy	Candy
Caramel corn	Popcorn
Caramel dip	Dip
Caramel popcorn	Popcorn
Caramel roll	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Caramel topping	Syrups, Pancake Syrup

Food Name	FIB Category
Carbonated water	Water, Carbonated Water
Carnation Instant Breakfast	Powdered Breakfast Drinks, Meal Replacements, Protein Supplements
Carne guisada	Stews, Guisado, Goulash
Carrot bread	Bread (Not Sweet)
Carrot cake	Cakes, Cupcakes, Snack Cakes
Carrot juice	Juices (100%), Drinks, Ades
Carrot raisin salad	Other Salads
Carrot sticks	Vegetables, Dry Beans
Carrots	Vegetables, Dry Beans
Cashew butter	Peanut Butter
Cashew chicken Chinese	Chinese Mixed Dishes
Cashew nuts	Nuts and Seeds
Cassava	Vegetables, Dry Beans
Casserole	Mixed Dishes, Casseroles
Catfish	Fish, Shellfish
Cauliflower	Vegetables, Dry Beans
Caviar	Shellfish
Celery	Vegetables, Dry Beans
Cereal	Ready-to-Eat Cereals
Cereal bar	Breakfast Bars, Granola Bars, Meal Replacement Bars
Ceviche	Fish, Shellfish
Chai tea	Tea, Hot & Iced
Challah bread	Bread (Not Sweet)
Chalupa	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
Chalupa shell	Tortillas, Taco Shells, Gordita Shells, Sope Shells, Chalupa Shells
Champagne	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Chappati Indian bread	Bread (Not Sweet)
Chayote	Vegetables, Dry Beans
Cheddar cheese	Cheese
Cheerios cereal	Ready-to-Eat Cereals
Cheerios, Honey Nut cereal	Ready-to-Eat Cereals
Cheese	Cheese
Cheese ball	Cheese
Cheese bread	Garlic Bread & Breadsticks
Cheese cracker sticks	Crackers
Cheese crackers	Crackers
Cheese curls	Other chips and puffs
Cheese dip	Dip
Cheese Doodles	Other chips and puffs
Cheese enchilada frozen din	Frozen Meals, Frozen Main Dishes
Cheese fondue	Dip

Food Name	FIB Category
Cheese fries	French Fries, Tater Tots
Cheese grits	Cooked Cereals
Cheese Nips	Crackers
Cheese pizza	Pizza, Pizza Rolls, Bagel Bites
Cheese popcorn	Popcorn
Cheese pressurized can	Cheese
Cheese puffs	Other chips and puffs
Cheese sandwich	Grilled Cheese and Cheese Sandwiches
Cheese sandwich crackers	Crackers
Cheese sauce	Condiments, Sauce, Salsa
Cheese spread	Cheese
Cheese steak	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Cheese sticks	Cheese
Cheeseburger	Burgers
Cheesecake	Cakes, Cupcakes, Snack Cakes
Cheetos	Other chips and puffs
Cheez Its	Crackers
Cheez Whiz	Cheese
Chefs salad	Green Salads
Cherries	Fruits, Berries
Cherry Coke	Sodas, Pop, Soft Drinks
Cherry cola	Sodas, Pop, Soft Drinks
Cherry pie	Pies, Tarts
Chestnuts	Nuts and Seeds
Chex cereal	Ready-to-Eat Cereals
Chex Party Mix	Other chips and puffs
Chia seeds	Nuts and Seeds
Chicken	Poultry
Chicken a la King	Mixed Dishes, Casseroles
Chicken and dumplings	Mixed Dishes, Casseroles
Chicken and noodles	Mixed Dishes, Casseroles
Chicken and rice	Mixed Dishes, Casseroles
Chicken and vegetables	Mixed Dishes, Casseroles
Chicken bbq sandwich	Barbecue, Sloppy Joe
Chicken biryani	Mixed Dishes, Casseroles
Chicken bites	Chicken nuggets, tenders, patty
Chicken bouillon	Soups
Chicken breast	Poultry
Chicken breast luncheon deli meat	Deli Meats, Packaged Lunch Meats, Meat Spreads, Potted Meat
Chicken broth	Soups
Chicken Caesar salad	Green Salads
Chicken chow mein	Chinese Mixed Dishes
Chicken cordon bleu	Mixed Dishes, Casseroles

Food Name	FIB Category
Chicken drummette	Poultry
Chicken drumstick	Poultry
Chicken fettuccini	Mixed Dishes, Casseroles
Chicken fillet	Chicken nuggets, tenders, patty
Chicken fillet sandwich	Chicken Patty and Fillet Sandwiches
Chicken fingers	Chicken nuggets, tenders, patty
Chicken fried rice	Chinese Mixed Dishes
Chicken fried steak	Beef, Lamb, Veal, Game Meats
Chicken fries	Chicken nuggets, tenders, patty
Chicken Helper	Hamburger Helper, Chicken Helper, Tuna Helper
Chicken kiev	Mixed Dishes, Casseroles
Chicken leg	Poultry
Chicken lo mein	Chinese Mixed Dishes
Chicken luncheon deli meat	Deli Meats, Packaged Lunch Meats, Meat Spreads, Potted Meat
Chicken marsala	Mixed Dishes, Casseroles
Chicken mixed dish	Mixed Dishes, Casseroles
Chicken mole	Mixed Dishes, Casseroles
Chicken neck	Poultry
Chicken noodle soup	Soups
Chicken nuggets	Chicken nuggets, tenders, patty
Chicken parmigiana	Mixed Dishes, Casseroles
Chicken patty	Chicken nuggets, tenders, patty
Chicken patty sandwich	Chicken Patty and Fillet Sandwiches
Chicken pot pie	Turnovers
Chicken rice soup	Soups
Chicken salad	Other Salads
Chicken salad sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Chicken sandwich	Chicken Patty and Fillet Sandwiches
Chicken skin	Poultry
Chicken soup	Soups
Chicken sticks	Chicken nuggets, tenders, patty
Chicken strips	Chicken nuggets, tenders, patty
Chicken tenders	Chicken nuggets, tenders, patty
Chicken teriyaki	Chinese Mixed Dishes
Chicken tetrazzini	Mixed Dishes, Casseroles
Chicken thigh	Poultry
Chicken vegetable soup	Soups
Chicken w broccoli Chinese	Chinese Mixed Dishes
Chicken w vegetables Chinese	Chinese Mixed Dishes
Chicken wing	Poultry
Chick-Fil-A chicken sandwich	Chicken Patty and Fillet Sandwiches
Chickpeas	Beans and Peas
Chicory	Vegetables, Dry Beans

Food Name	FIB Category
Chilaquile	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
Chile rellenos	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
Chili	Chili, Chili Con Carne
Chili beans	Beans and Peas
Chili cheese fries	French Fries, Tater Tots
Chili con carne	Chili, Chili Con Carne
Chili con queso	Dip
Chili dog	Hot Dogs
Chili fries	French Fries, Tater Tots
Chili mac	Chili, Chili Con Carne
Chili pepper	Vegetables, Dry Beans
Chili sauce	Condiments, Sauce, Salsa
Chili w cheese	Chili, Chili Con Carne
Chimichanga	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
Chinese cabbage	Vegetables, Dry Beans
Chinese food	Unknown
Chinese melon	Vegetables, Dry Beans
Chinese noodles	Pasta, plain or with sauce
Chinese pancakes	Pancakes/Flapjacks
Chinese rice	Chinese Mixed Dishes
Chipotle dip	Dip
Chipped beef	Jerky, Dried Meats
Chips	Potato chips
Chitterlings	Beef, Lamb, Veal, Game Meats
Chives	Vegetables, Dry Beans
Chocolate bar	Candy
Chocolate cake	Cakes, Cupcakes, Snack Cakes
Chocolate candy	Candy
Chocolate chip cookie	Cookies, Brownies
Chocolate chip muffin	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Chocolate chip pancakes	Pancakes/Flapjacks
Chocolate chips	Candy
Chocolate cookie	Cookies, Brownies
Chocolate covered cherries	Candy
Chocolate covered peanuts	Candy
Chocolate covered raisins	Candy
Chocolate cupcake	Cakes, Cupcakes, Snack Cakes
Chocolate dip	Dip
Chocolate doughnut	Doughnuts
Chocolate drink powder	Syrups, Pancake Syrup

Food Name	FIB Category
Chocolate eclair	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Chocolate fondue	Dip
Chocolate milk	Flavored Milk Drinks
Chocolate milkshake	Milk Shakes
Chocolate mint candy	Candy
Chocolate pie	Pies, Tarts
Chocolate pudding	Pudding
Chocolate sauce	Condiments, Sauce, Salsa
Chocolate syrup	Syrups, Pancake Syrup
Chop suey	Chinese Mixed Dishes
Chorizos sausage	Sausage
Chow mein	Chinese Mixed Dishes
Chow mein noodles	Pasta, plain or with sauce
Chowder	Soups
Christophine	Vegetables, Dry Beans
Church supper	Unknown
Churro	Doughnuts
Chutney	Condiments, Sauce, Salsa
Cider	Juices (100%), Drinks, Ades
Cilantro	Vegetables, Dry Beans
Cinnabon	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Cinnamon breadsticks	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Cinnamon bun	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Cinnamon raisin toast	Bread (Not Sweet)
Cinnamon roll	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Cinnamon sugar	Sugars
Cinnamon toast	Bread (Not Sweet)
Cinnamon Toast cereal	Ready-to-Eat Cereals
Clam chowder	Soups
Clam strips	Shellfish
Clams	Shellfish
Clarified butter	Butter, Margarine, Spreads, Butter Replacements
Clementine	Fruits, Berries
Club crackers	Crackers
Club sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Club soda	Water, Carbonated Water
Cobb salad	Green Salads
Cobbler	Pies, Tarts
Coca Cola	Sodas, Pop, Soft Drinks

Food Name	FIB Category
Cocktail	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Cocktail sauce	Condiments, Sauce, Salsa
Cocoa	Cocoa, Hot Chocolate
Cocoa Krispies cereal	Ready-to-Eat Cereals
Cocoa mix	Syrups, Pancake Syrup
Cocoa Pebbles cereal	Ready-to-Eat Cereals
Cocoa Puffs cereal	Ready-to-Eat Cereals
Coconut	Nuts and Seeds
Coconut juice	Juices (100%), Drinks, Ades
Coconut milk	Milk
Coconut pie	Pies, Tarts
Coconut water	Juices (100%), Drinks, Ades
Cod	Fish, Shellfish
Code Red Mountain Dew	Sodas, Pop, Soft Drinks
Coffee	Coffee, Specialty Coffees
Coffee cake	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Coffee-Mate creamer	Cream, Creamers, Whipped Toppings
Coffee substitute	Coffee, Specialty Coffees
Cognac	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Coke	Sodas, Pop, Soft Drinks
Coke Zero	Sodas, Pop, Soft Drinks
Cola	Sodas, Pop, Soft Drinks
Cold cut	Deli Meats, Packaged Lunch Meats, Meat Spreads, Potted Meat
Cold cut sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Cold cut sub	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Coleslaw	Other Salads
Collard greens	Vegetables, Dry Beans
Collards	Vegetables, Dry Beans
Combos	Crackers
Condiment	Condiments, Sauce, Salsa
Confectioners sugar	Sugars
Consomme	Soups
Cooked cereal	Cooked Cereals
Cookie	Cookies, Brownies
Cookie bar	Cookies, Brownies
Cookie dough	Cookies, Brownies
Cool Whip	Cream, Creamers, Whipped Toppings
Corn	Vegetables, Dry Beans
Corn chips	Other chips and puffs

Food Name	FIB Category
Corn chowder	Soups
Corn dog	Hot Dogs
Corn Flakes cereal	Ready-to-Eat Cereals
Corn muffin	Cornbread, Corn Muffins, Corn Pone
Corn nuts	Other chips and puffs
Corn on the cob	Vegetables, Dry Beans
Corn pone	Cornbread, Corn Muffins, Corn Pone
Corn Pops cereal	Ready-to-Eat Cereals
Corn tortilla	Tortillas, Taco Shells, Gordita Shells, Sope Shells, Chalupa Shells
Cornbread	Cornbread, Corn Muffins, Corn Pone
Cornbread muffin	Cornbread, Corn Muffins, Corn Pone
Corned beef	Beef, Lamb, Veal, Game Meats
Corned beef hash	Mixed Dishes, Casseroles
Corned beef sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Cornish game hen	Poultry
Cornmeal	Cooked Cereals
Cornmeal mush	Cooked Cereals
Cottage cheese	Cottage Cheese
Cottage cheese salad	Other Salads
Cotton candy	Candy
Cough drops	Candy
Country fried steak	Beef, Lamb, Veal, Game Meats
Couscous	Pasta, plain or with sauce
Crab	Shellfish
Crab cake	Shellfish
Crab cake sandwich	Fish, Shellfish Sandwiches
Crab legs	Shellfish
Crab Rangoon	Egg Roll, Spring Roll, Summer Roll, Fresh Garden Roll
Crab salad	Other Salads
Cracker Jacks	Popcorn
Crackers	Crackers
Craisins	Fruits, Berries
Cranberries	Fruits, Berries
Cranberry bread	Bread (Not Sweet)
Cranberry juice	Juices (100%), Drinks, Ades
Cranberry juice cocktail	Juices (100%), Drinks, Ades
Cranberry sauce	Condiments, Sauce, Salsa
Crayfish	Shellfish
Cream	Cream, Creamers, Whipped Toppings
Cream cheese	Cream Cheese
Cream of broccoli soup	Soups
Cream of mushroom soup	Soups
Cream of rice	Cooked Cereals

Food Name	FIB Category
Cream of rye	Cooked Cereals
Cream of wheat	Cooked Cereals
Cream puff	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Cream soda	Sodas, Pop, Soft Drinks
Cream soup	Soups
Cream substitute	Cream, Creamers, Whipped Toppings
Creamed chipped beef	Mixed Dishes, Casseroles
Creamed corn	Vegetables, Dry Beans
Creamed spinach	Vegetables, Dry Beans
Creamer	Cream, Creamers, Whipped Toppings
Creamsicle	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Crème brulee	Pudding
Cremora	Cream, Creamers, Whipped Toppings
Creole	Creole
Crepe	Pancakes/Flapjacks
Crisp	Pies, Tarts
Crispbread	Crackers
Crispy chicken sandwich	Chicken Patty and Fillet Sandwiches
Croissant	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Croquette	Mixed Dishes, Casseroles
Croutons	Bread (Not Sweet)
Crumpet	Biscuits
Crunch N Munch	Popcorn
Crystal Light	Juices (100%), Drinks, Ades
Crystal Light Tea	Tea, Hot & Iced
Cuban sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Cucumber	Vegetables, Dry Beans
Cucumber and onion salad	Other Salads
Cucumber salad	Other Salads
Cuerno	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Cupcake	Cakes, Cupcakes, Snack Cakes
Curly fries	French Fries, Tater Tots
Currants	Fruits, Berries
Curry	Curry
Custard	Pudding
Cuties	Fruits, Berries
Daiquiri	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Dairy Queen Blizzard	Milk Shakes

Food Name	FIB Category
Danish	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Dark chocolate candy	Candy
Dasheen	Vegetables, Dry Beans
Dates	Fruits, Berries
Decaffeinated coffee	Coffee, Specialty Coffees
Deer	Beef, Lamb, Veal, Game Meats
Deli meat	Deli Meats, Packaged Lunch Meats, Meat Spreads, Potted Meat
Dessert	Unknown
Dessert dip	Dip
Dessert pizza	Pizza, Pizza Rolls, Bagel Bites
Deviled egg	Eggs, Egg Substitutes
Diet Coke	Sodas, Pop, Soft Drinks
Diet cola	Sodas, Pop, Soft Drinks
Diet ginger ale	Sodas, Pop, Soft Drinks
Diet Pepsi	Sodas, Pop, Soft Drinks
Diet Rite Cola	Sodas, Pop, Soft Drinks
Diet Sierra Mist	Sodas, Pop, Soft Drinks
Diet soda	Sodas, Pop, Soft Drinks
Diet soft drink	Sodas, Pop, Soft Drinks
Diet Sprite	Sodas, Pop, Soft Drinks
Dill dip	Dip
Din roll	Rolls, Buns, Bagels, English Muffins
Ding Dongs	Cakes, Cupcakes, Snack Cakes
Dinner	Unknown
Dip	Dip
Dipping Oil	Oil
Dirty rice	Rice
Donut	Doughnuts
Doritos	Other chips and puffs
Dosa (Indian pancakes)	Pancakes/Flapjacks
Double cheeseburger	Burgers
Double cooked pork Chinese	Chinese Mixed Dishes
Doughnut	Doughnuts
Doughnut hole	Doughnuts
Dove game bird	Poultry
Dr Pepper	Sodas, Pop, Soft Drinks
Dressing bread type	Bread or Rice Stuffing, Dressing
Dried apple	Fruits, Berries
Dried apricots	Fruits, Berries
Dried fruit	Fruits, Berries
Drink	Unknown
Drumstick ice cream cone	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes

Food Name	FIB Category
Dry pasta mix with sauce	Pasta, plain or with sauce
Duck	Poultry
Duck egg	Eggs, Egg Substitutes
Duck sauce	Condiments, Sauce, Salsa
Dum Dums lollipop candy	Candy
Dumpling	Turnovers
Easter candy	Candy
Eclair	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Edamame	Vegetables, Dry Beans
Eel	Fish, Shellfish
Egg	Eggs, Egg Substitutes
Egg and bacon sandwich	Breakfast Sandwiches and Burritos
Egg and sausage sandwich	Breakfast Sandwiches and Burritos
Egg bacon and cheese sandwich	Breakfast Sandwiches and Burritos
Egg Beaters	Eggs, Egg Substitutes
Egg drop soup	Soups
Egg foo young	Chinese Mixed Dishes
Egg noodles	Pasta, plain or with sauce
Egg omelet	Eggs, Egg Substitutes
Egg roll	Egg Roll, Spring Roll, Summer Roll, Fresh Garden Roll
Egg salad	Other Salads
Egg salad sandwich	Breakfast Sandwiches and Burritos
Egg sandwich	Breakfast Sandwiches and Burritos
Egg sausage and cheese sandwich	Breakfast Sandwiches and Burritos
Egg substitute	Eggs, Egg Substitutes
Egg white	Eggs, Egg Substitutes
Egg yolk	Eggs, Egg Substitutes
Eggnog	Egg Nog
Eggplant	Vegetables, Dry Beans
Eggplant dip	Dip
Eggplant parmesan	Mixed Dishes, Casseroles
Eggs Benedict	Eggs, Egg Substitutes
Elk	Beef, Lamb, Veal, Game Meats
Empanada	Turnovers
Emu	Poultry
Enchilada	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
Energy bar	Breakfast Bars, Granola Bars, Meal Replacement Bars
Energy drink	Energy & Sports Drinks
English muffin	Rolls, Buns, Bagels, English Muffins
English muffin pizza	Pizza, Pizza Rolls, Bagel Bites
Ensure supplement	Powdered Breakfast Drinks, Meal Replacements, Protein Supplements
Equal sugar substitute	Low Calorie Sweeteners, Sugar Substitutes

Food Name	FIB Category
Error	#N/A
Escargot	Shellfish
Espresso coffee	Coffee, Specialty Coffees
Evaporated milk	Milk
Fajita	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
Falafel	Vegetables, Dry Beans
Falafel sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Fanta	Sodas, Pop, Soft Drinks
Farina	Cooked Cereals
Farmers cheese	Cottage Cheese
Fast food combo meal	Unknown
Fast food french fries	French Fries, Tater Tots
Fast food salad	Green Salads
Fasting	#N/A
Fat free milk	Milk
Fennel bulb	Vegetables, Dry Beans
Feta cheese	Cheese
Fettuccini Alfredo	Mixed Dishes, Casseroles
Fiber One cereal	Ready-to-Eat Cereals
Fiddle Faddle	Popcorn
Fig bar	Cookies, Brownies
Fig Newton	Cookies, Brownies
Figs	Fruits, Berries
Filet mignon	Beef, Lamb, Veal, Game Meats
Firni Indian pudding	Pudding
Fish	Fish, Shellfish
Fish ball	Fish, Shellfish
Fish cake	Fish, Shellfish
Fish chowder	Soups
Fish fillet	Fish, Shellfish
Fish fillet sandwich	Fish, Shellfish Sandwiches
Fish fried	Fish, Shellfish
Fish fry	Unknown
Fish mixed dish	Mixed Dishes, Casseroles
Fish patty	Fish, Shellfish
Fish sandwich	Fish, Shellfish Sandwiches
Fish sticks	Fish, Shellfish
Flan	Pudding
Flatfish	Fish, Shellfish
Flauta	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
Flavor Ice	Popsicles, Ices, Frozen Fruit Bars, Sorbets, Slurpees, Smoothies

Food Name	FIB Category
Flavored applesauce	Fruits, Berries
Flavored milk	Flavored Milk Drinks
Flavored oatmeal	Cooked Cereals
Flax seed	Nuts and Seeds
Flounder	Fish, Shellfish
Flour tortilla	Tortillas, Taco Shells, Gordita Shells, Sope Shells, Chalupa Shells
Focaccia bread	Bread (Not Sweet)
Fondue	Dip
Formula	Formulas
Fortune cookie	Cookies, Brownies
Frankfurter	Hot Dogs
Frappuccino coffee	Coffee, Specialty Coffees
Freezer pop	Popsicles, Ices, Frozen Fruit Bars, Sorbets, Slurpees, Smoothies
French bread	Bread (Not Sweet)
French bread pizza	Pizza, Pizza Rolls, Bagel Bites
French Dip sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
French dressing	Salad Dressings, Mayonnaise
French fries	French Fries, Tater Tots
French onion dip	Dip
French onion soup	Soups
French roll	Rolls, Buns, Bagels, English Muffins
French toast	French Toast
French toast sticks	French Toast
Fresca	Sodas, Pop, Soft Drinks
Fried cheese sticks	Cheese
Fried chicken	Poultry
Fried cornbread	Cornbread, Corn Muffins, Corn Pone
Fried egg	Eggs, Egg Substitutes
Fried okra	Vegetables, Dry Beans
Fried pickles	Condiments, Sauce, Salsa
Fried potato	White Potatoes
Fried rice	Chinese Mixed Dishes
Frito pie	Mixed Dishes, Casseroles
Fritos	Other chips and puffs
Fritter	Turnovers
Frog legs	Shellfish
Froot Loops cereal	Ready-to-Eat Cereals
Frosted Flakes cereal	Ready-to-Eat Cereals
Frosted Mini Wheats cereal	Ready-to-Eat Cereals
Frozen breakfast	Frozen Meals, Frozen Main Dishes
Frozen coffee drink	Coffee, Specialty Coffees

Food Name	FIB Category
Frozen custard	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Frozen din	Frozen Meals, Frozen Main Dishes
Frozen fruit bar	Popsicles, Ices, Frozen Fruit Bars, Sorbets, Slurpees, Smoothies
Frozen meal	Frozen Meals, Frozen Main Dishes
Frozen pizza	Pizza, Pizza Rolls, Bagel Bites
Frozen yogurt	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Fruit	Fruits, Berries
Fruit and nut mix	Trail and Snack Mix
Fruit butter	Jam, Jelly, Fruit Spreads
Fruit cocktail	Fruits, Berries
Fruit drink	Juices (100%), Drinks, Ades
Fruit juice	Juices (100%), Drinks, Ades
Fruit juice bar	Popsicles, Ices, Frozen Fruit Bars, Sorbets, Slurpees, Smoothies
Fruit leather candy	Candy
Fruit punch	Juices (100%), Drinks, Ades
Fruit Roll Up candy	Candy
Fruit salad	Other Salads
Fruit shake	Milk Shakes
Fruit snacks candy	Candy
Fruit spread	Jam, Jelly, Fruit Spreads
Fruity Pebbles cereal	Ready-to-Eat Cereals
Fry bread	Bread (Not Sweet)
Fry sauce	Condiments, Sauce, Salsa
Fudge candy	Candy
Fudge topping	Syrups, Pancake Syrup
Fudgesicle	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Full Throttle Energy Drink	Energy & Sports Drinks
Funnel cake	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Funyuns	Other chips and puffs
Game meat	Beef, Lamb, Veal, Game Meats
Garbanzos	Beans and Peas
Garden roll	Egg Roll, Spring Roll, Summer Roll, Fresh Garden Roll
Garden salad	Green Salads
Garlic	Vegetables, Dry Beans
Garlic bread	Garlic Bread & Breadsticks
Garlic chicken Chinese	Chinese Mixed Dishes
Garlic knot	Garlic Bread & Breadsticks
Garlic toast	Garlic Bread & Breadsticks
Gatorade drink	Energy & Sports Drinks

Food Name	FIB Category
Gazpacho	Soups
Gelatin dessert	Jello, Gelatin
Gelato	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
General Tso	Chinese Mixed Dishes
General Tso chicken	Chinese Mixed Dishes
Ghee	Butter, Margarine, Spreads, Butter Replacements
Giblets	Beef, Lamb, Veal, Game Meats
Gin	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Gin and tonic	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Ginger ale	Sodas, Pop, Soft Drinks
Gingerbread cookie	Cookies, Brownies
Gingersnaps	Cookies, Brownies
Girl Scout cookie	Cookies, Brownies
Girl Scout Thin Mints cookie	Cookies, Brownies
Gizzards	Beef, Lamb, Veal, Game Meats
Glucerna	Powdered Breakfast Drinks, Meal Replacements, Protein Supplements
Gnocchi	Ravioli, Tortellini, Manicotti, Cannelloni, Stuffed Shells
Go Gurt	Yogurt
Goat	Beef, Lamb, Veal, Game Meats
Goat milk	Milk
Golden Grahams cereal	Ready-to-Eat Cereals
Goldfish crackers	Crackers
Goose	Poultry
Goose egg	Eggs, Egg Substitutes
Gordita	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
Gordita shell	Tortillas, Taco Shells, Gordita Shells, Sope Shells, Chalupa Shells
Goulash	Stews, Guisado, Goulash
Graham crackers	Crackers
Granola bar	Breakfast Bars, Granola Bars, Meal Replacement Bars
Granola cereal	Ready-to-Eat Cereals
Grape drink	Juices (100%), Drinks, Ades
Grape juice	Juices (100%), Drinks, Ades
Grape soda	Sodas, Pop, Soft Drinks
Grapefruit	Fruits, Berries
Grapefruit juice	Juices (100%), Drinks, Ades
Grape-Nuts cereal	Ready-to-Eat Cereals
Grapes	Fruits, Berries
Gravy	Condiments, Sauce, Salsa
Greek dip	Dip

Food Name	FIB Category
Greek salad	Green Salads
Greek yogurt	Yogurt
Green banana	Vegetables, Dry Beans
Green bean casserole	Mixed Dishes, Casseroles
Green beans	Vegetables, Dry Beans
Green peas	Vegetables, Dry Beans
Green salad	Green Salads
Green tea	Tea, Hot & Iced
Green tomato	Vegetables, Dry Beans
Greens	Vegetables, Dry Beans
Grilled cheese sandwich	Grilled Cheese and Cheese Sandwiches
Grilled chicken	Poultry
Grilled chicken sandwich	Chicken Patty and Fillet Sandwiches
Grinder sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Grits	Cooked Cereals
Ground beef	Beef, Lamb, Veal, Game Meats
Grouse	Poultry
Guacamole	Dip
Guava	Fruits, Berries
Guava paste	Jam, Jelly, Fruit Spreads
Guisada	Stews, Guisado, Goulash
Gum	Candy
Gumbo	Mixed Dishes, Casseroles
Gumbo soup	Soups
Gumdrops candy	Candy
Gummy candy	Candy
Gyro sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Half and half	Cream, Creamers, Whipped Toppings
Half and half lemonade and tea	Juices (100%), Drinks, Ades
Half smoke	Hot Dogs
Halibut	Fish, Shellfish
Hallaca	Mixed Dishes, Casseroles
Halloween candy	Candy
Ham	Ham or Pork
Ham and cheese sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Ham hocks	Ham or Pork
Ham luncheon deli meat	Deli Meats, Packaged Lunch Meats, Meat Spreads, Potted Meat
Ham mixed dish	Mixed Dishes, Casseroles
Ham salad	Other Salads
Ham salad sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches

Food Name	FIB Category
Ham sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Hamburger	Burgers
Hamburger Helper	Hamburger Helper, Chicken Helper, Tuna Helper
Happy Meal	Unknown
Hard boiled egg	Eggs, Egg Substitutes
Hard candy	Candy
Hard cider	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Hard pretzels	Pretzels
Hard tea	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Harina de maize con leche	Cooked Cereals
Hash	Mixed Dishes, Casseroles
Hash browns	White Potatoes
Hawaiian bread	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Hawaiian Punch	Juices (100%), Drinks, Ades
Hazelnuts	Nuts and Seeds
Healthy Choice frozen din	Frozen Meals, Frozen Main Dishes
Heart	Beef, Lamb, Veal, Game Meats
Heinz 57 Sauce	Condiments, Sauce, Salsa
Herbal tea	Tea, Hot & Iced
Herring	Fish, Shellfish
Hershey's chocolate	Candy
Hershey's Kiss candy	Candy
Hi-C	Juices (100%), Drinks, Ades
Hoagie sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Hog maws	Beef, Lamb, Veal, Game Meats
Home fries	White Potatoes
Hominy	Vegetables, Dry Beans
Honey	Syrups, Pancake Syrup
Honey baked ham	Ham or Pork
Honey bun	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Honey Bunches of Oats cereal	Ready-to-Eat Cereals
Honey mustard dip	Dip
Honey mustard dressing	Salad Dressings, Mayonnaise
Honey roasted peanuts	Nuts and Seeds
Honeycomb cereal	Ready-to-Eat Cereals
Honeydew melon	Fruits, Berries
Horchata	Flavored Milk Drinks
Hors doeuvres	Unknown
Horseradish	Vegetables, Dry Beans

Food Name	FIB Category
Horseradish sauce	Condiments, Sauce, Salsa
Hot and sour soup	Soups
Hot cakes	Pancakes/Flapjacks
Hot cereal	Cooked Cereals
Hot chicken wings	Poultry
Hot chocolate	Cocoa, Hot Chocolate
Hot chocolate mix	Syrups, Pancake Syrup
Hot cocoa	Cocoa, Hot Chocolate
Hot dog	Hot Dogs
Hot fries flavored snack	Potato chips
Hot links	Sausage
Hot pepper	Vegetables, Dry Beans
Hot pepper sauce	Condiments, Sauce, Salsa
Hot Pocket	Turnovers
Hot sauce	Condiments, Sauce, Salsa
Hot Tamales candy	Candy
House salad	Green Salads
Huevos rancheros	Eggs, Egg Substitutes
Hummus	Dip
Hunan beef	Chinese Mixed Dishes
Hunan chicken	Chinese Mixed Dishes
Hunan pork	Chinese Mixed Dishes
Hunan shrimp	Chinese Mixed Dishes
Hush puppy	Cornbread, Corn Muffins, Corn Pone
Ice cream	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Ice cream bar	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Ice cream cake	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Ice cream cone	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Ice cream float	Milk Shakes
Ice cream pie	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Ice cream sandwich	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Ice cream soda	Milk Shakes
Ice cream sundae	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Ice cube	Water, Carbonated Water
Ice pop	Popsicles, Ices, Frozen Fruit Bars, Sorbets, Slurpees, Smoothies
Iced coffee	Coffee, Specialty Coffees
Iced tea	Tea, Hot & Iced

Food Name	FIB Category
Icee	Popsicles, Ices, Frozen Fruit Bars, Sorbets, Slurpees, Smoothies
Icing	Syrups, Pancake Syrup
Injera Ethiopian bread	Bread (Not Sweet)
Injolmi	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Instant breakfast drink	Powdered Breakfast Drinks, Meal Replacements, Protein Supplements
Instant oatmeal	Cooked Cereals
Irish soda bread	Bread (Not Sweet)
Italian bread	Bread (Not Sweet)
Italian dressing	Salad Dressings, Mayonnaise
Italian ice	Popsicles, Ices, Frozen Fruit Bars, Sorbets, Slurpees, Smoothies
Italian sausage	Sausage
Italian sub	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Jalapeno pepper	Vegetables, Dry Beans
Jam	Jam, Jelly, Fruit Spreads
Jambalaya	Jambalaya
Jasmine rice	Rice
Jello	Jello, Gelatin
Jello salad	Other Salads
Jello shots	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Jello w/ fruit	Jello, Gelatin
Jelly	Jam, Jelly, Fruit Spreads
Jelly beans candy	Candy
Jelly sandwich	Peanut Butter Sandwich, Peanut Butter and Jelly Sandwich
Jerky	Jerky, Dried Meats
Jicama	Vegetables, Dry Beans
Jolly Rancher candy	Candy
Juice	Juices (100%), Drinks, Ades
Juicy Juice	Juices (100%), Drinks, Ades
Kahlua	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Kahlua and cream	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Kale	Vegetables, Dry Beans
Kasha	Cooked Cereals
Kefir milk	Milk
Kelp	Vegetables, Dry Beans
Ketchup (catsup)	Condiments, Sauce, Salsa
Key lime pie	Pies, Tarts

Food Name	FIB Category
KFC Chicken and Biscuit Bowl	Mixed Dishes, Casseroles
KFC Mashed Potato Bowl	Mixed Dishes, Casseroles
KFC Rice Bowl	Mixed Dishes, Casseroles
Kid Cuisine frozen din	Frozen Meals, Frozen Main Dishes
Kidney	Beef, Lamb, Veal, Game Meats
Kidney beans	Beans and Peas
Kids meal	Unknown
Kielbasa	Sausage
Kim Chee	Vegetables, Dry Beans
Kit Kat candy	Candy
Kiwi fruit	Fruits, Berries
Kix cereal	Ready-to-Eat Cereals
Klondike bar	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Knorr Asian Noodles and Sauce	Pasta, plain or with sauce
Knorr Italian Sides	Pasta, plain or with sauce
Knorr Noodles and Sauce	Pasta, plain or with sauce
Knorr Pasta and Sauce	Pasta, plain or with sauce
Knorr Pasta Sides	Pasta, plain or with sauce
Kool Aid	Juices (100%), Drinks, Ades
Kudos bar	Breakfast Bars, Granola Bars, Meal Replacement Bars
Kung Pao	Chinese Mixed Dishes
Kung Pao chicken	Chinese Mixed Dishes
Lactaid milk	Milk
Ladyfinger	Cookies, Brownies
Lamb	Beef, Lamb, Veal, Game Meats
Lamb chop	Beef, Lamb, Veal, Game Meats
Lard	Butter, Margarine, Spreads, Butter Replacements
Lasagna	Lasagna
Latkes	Pancakes/Flapjacks
Latte coffee	Coffee, Specialty Coffees
Lean Cuisine frozen din	Frozen Meals, Frozen Main Dishes
Lean Pocket	Turnovers
Leek	Vegetables, Dry Beans
Lemon	Fruits, Berries
Lemon bar	Cookies, Brownies
Lemon chicken Chinese	Chinese Mixed Dishes
Lemon juice	Juices (100%), Drinks, Ades
Lemon meringue pie	Pies, Tarts
Lemonade	Juices (100%), Drinks, Ades
Lentil soup	Soups
Lentils	Beans and Peas
Lentils and rice	Beans and Rice
Lettuce	Vegetables, Dry Beans
Lettuce salad	Green Salads

Food Name	FIB Category
Licorice candy	Candy
Licuado	Milk Shakes
Life cereal	Ready-to-Eat Cereals
Life Savers candy	Candy
Lima beans	Beans and Peas
Lime	Fruits, Berries
Lime juice	Juices (100%), Drinks, Ades
Limeade	Juices (100%), Drinks, Ades
Linguini	Pasta, plain or with sauce
Lipton's Rice and Sauce all flavors	Rice
Liqueur after din drink	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Liquid yogurt	Yogurt
Liquor	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Lite beer	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Little Caesar's Crazy Bread	Garlic Bread & Breadsticks
Little Debbie	Cakes, Cupcakes, Snack Cakes
Little Debbie bar	Breakfast Bars, Granola Bars, Meal Replacement Bars
Little Debbie snack cake	Cakes, Cupcakes, Snack Cakes
Little Smokies	Sausage
Liver	Beef, Lamb, Veal, Game Meats
Liver and onions	Mixed Dishes, Casseroles
Liverwurst	Deli Meats, Packaged Lunch Meats, Meat Spreads, Potted Meat
Lo mein	Chinese Mixed Dishes
Lobster	Shellfish
Lollipop candy	Candy
London broil	Beef, Lamb, Veal, Game Meats
Long Island Iced Tea	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Low calorie sweetener	Low Calorie Sweeteners, Sugar Substitutes
Low fat milk	Milk
Lox	Fish, Shellfish
Lucky Charms cereal	Ready-to-Eat Cereals
Lumpia	Egg Roll, Spring Roll, Summer Roll, Fresh Garden Roll
Lunch	Unknown
Lunch meat	Deli Meats, Packaged Lunch Meats, Meat Spreads, Potted Meat
Lunchable	Lunchables, Tastefuls, Pak-a-lunch
Lychees	Fruits, Berries
M&Ms candy	Candy
Macadamia nuts	Nuts and Seeds
Macaroni	Pasta, plain or with sauce

Food Name	FIB Category
Macaroni and cheese	Macaroni and Cheese
Macaroni salad	Other Salads
Macaroon	Cookies, Brownies
Mai Tai	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Malanga	Vegetables, Dry Beans
Malt beverage	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Malt liquor	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Malted milk	Flavored Milk Drinks
Malt-O-Meal	Cooked Cereals
Mandarin orange	Fruits, Berries
Mango	Fruits, Berries
Manhattan	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Manicotti	Ravioli, Tortellini, Manicotti, Cannelloni, Stuffed Shells
Maple syrup	Syrups, Pancake Syrup
Maraschino cherries	Fruits, Berries
Margarine	Butter, Margarine, Spreads, Butter Replacements
Margarita	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Marinara sauce	Condiments, Sauce, Salsa
Marmalade	Jam, Jelly, Fruit Spreads
Marshmallow	Candy
Marshmallow Peeps candy	Candy
Marshmallow topping	Syrups, Pancake Syrup
Martini	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Marzipan	Candy
Masa harina	Cooked Cereals
Mashed potatoes	White Potatoes
Matzo crackers	Crackers
Mayonnaise	Salad Dressings, Mayonnaise
McDonald's apple pie	Pies, Tarts
McDonald's Big Mac	Burgers
McDonald's cheeseburger	Burgers
McDonald's chicken sandwich	Chicken Patty and Fillet Sandwiches
McDonald's double cheeseburger	Burgers
McDonald's fish sandwich	Fish, Shellfish Sandwiches
McDonald's french fries	French Fries, Tater Tots
McDonald's hamburger	Burgers
McDonald's hash browns	White Potatoes
McDonald's McDouble	Burgers
McDonald's McFlurry	Milk Shakes

Food Name	FIB Category
McDonald's McGriddle	Breakfast Sandwiches and Burritos
McDonald's McMuffin	Breakfast Sandwiches and Burritos
McDonald's Quarter Pounder	Burgers
McDonald's salad	Green Salads
Meal replacement bar	Breakfast Bars, Granola Bars, Meal Replacement Bars
Meal replacement drink	Powdered Breakfast Drinks, Meal Replacements, Protein Supplements
Meal replacement powder	Powdered Breakfast Drinks, Meal Replacements, Protein Supplements
Meat	Beef, Lamb, Veal, Game Meats
Meat Biryani	Mixed Dishes, Casseroles
Meatloaf sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Meat patty	Beef, Lamb, Veal, Game Meats
Meat pie	Turnovers
Meat spread	Deli Meats, Packaged Lunch Meats, Meat Spreads, Potted Meat
Meatball sub	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Meatballs	Meatloaf, Meatballs
Meatballs in sauce	Meatloaf, Meatballs
Meatloaf	Meatloaf, Meatballs
Melba toast	Crackers
Mellow Yellow	Sodas, Pop, Soft Drinks
Melon	Fruits, Berries
Mentos	Candy
Menudo soup	Soups
Mexican cheese	Cheese
Mexican Crema	Sour Cream
Mexican dip	Dip
Mexican food	Unknown
Mexican oatmeal drink	Flavored Milk Drinks
Mexican pizza	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
Mexican rice	Rice
Mexican sweet bread	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Mike and Ike candy	Candy
Mike's hard lemonade	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Milk	Milk
Milk Duds candy	Candy
Milkshake	Milk Shakes
Milky Way candy	Candy
Millet	Cooked Cereals

Food Name	FIB Category
Mimosa	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Minestrone soup	Soups
Mint leaves	Vegetables, Dry Beans
Mints	Candy
Miracle Whip	Salad Dressings, Mayonnaise
Miso soup	Soups
Miso soybean paste	Vegetables, Dry Beans
Mixed dish	Mixed Dishes, Casseroles
Mixed dish casserole	Mixed Dishes, Casseroles
Mixed fruit	Other Salads
Mixed fruit juice	Juices (100%), Drinks, Ades
Mixed nuts	Nuts and Seeds
Mixed salad greens	Green Salads
Mixed vegetables	Vegetables, Dry Beans
Mocha coffee	Coffee, Specialty Coffees
Mochi	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Mojito	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Molasses	Syrups, Pancake Syrup
Mole	Condiments, Sauce, Salsa
Molly McButter	Butter, Margarine, Spreads, Butter Replacements
Mondongo soup	Soups
Monster Energy Drink	Energy & Sports Drinks
Monterey jack cheese	Cheese
Moo goo gai pan	Chinese Mixed Dishes
Moo shi	Chinese Mixed Dishes
Moo shi pork	Chinese Mixed Dishes
Moon pie	Cookies, Brownies
Mounds candy	Candy
Mountain Dew	Sodas, Pop, Soft Drinks
Moussaka	Mixed Dishes, Casseroles
Mousse	Pudding
Mozzarella cheese	Cheese
Mozzarella sticks fried	Cheese
Mr. Goodbar candy	Candy
Mr. Pibb	Sodas, Pop, Soft Drinks
Muenster cheese	Cheese
Muffin	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Muscle Milk	Powdered Breakfast Drinks, Meal Replacements, Protein Supplements
Mushrooms	Vegetables, Dry Beans
Mushrooms, portobello	Vegetables, Dry Beans

Food Name	FIB Category
Muskmelon	Fruits, Berries
Mussels	Shellfish
Mustard	Condiments, Sauce, Salsa
Mustard greens	Vegetables, Dry Beans
Mutton	Beef, Lamb, Veal, Game Meats
Nacho chips	Other chips and puffs
Nachos	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
Naan Indian bread	Bread (Not Sweet)
Napoleon	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Natto	Vegetables, Dry Beans
Nectar	Juices (100%), Drinks, Ades
Nectarine	Fruits, Berries
Nerds candy	Candy
Nesquik milk	Flavored Milk Drinks
Nestle Crunch candy	Candy
Nissin noodle soup	Soups
Nonalcoholic beer	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Nonalcoholic drink	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Nonalcoholic wine	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Noodle salad	Other Salads
Noodle soup	Soups
Noodles	Pasta, plain or with sauce
Noodles Romanoff	Pasta, plain or with sauce
Nopales	Vegetables, Dry Beans
Norwegian flatbread	Crackers
Norwegian lefse	Pancakes/Flapjacks
Now and Later candy	Candy
Nursing	Breast Milk
Nut butter sandwich	Peanut Butter Sandwich, Peanut Butter and Jelly Sandwich
Nutella hazelnut topping	Peanut Butter
Nutrasweet sugar substitute	Low Calorie Sweeteners, Sugar Substitutes
Nutri Grain bar	Breakfast Bars, Granola Bars, Meal Replacement Bars
Nutrition bar	Breakfast Bars, Granola Bars, Meal Replacement Bars
Nuts	Nuts and Seeds
Nutter Butter cookie	Cookies, Brownies
Oat bran cereal	Ready-to-Eat Cereals
Oat cereal	Ready-to-Eat Cereals
Oatmeal	Cooked Cereals
Oatmeal cookie	Cookies, Brownies

Food Name	FIB Category
Oatmeal cream pie	Cookies, Brownies
Oatmeal raisin cookie	Cookies, Brownies
Oatmeal Squares cereal	Ready-to-Eat Cereals
Oil	Oil
OJ	Juices (100%), Drinks, Ades
OJ w/ calcium	Juices (100%), Drinks, Ades
Okra	Vegetables, Dry Beans
Oleo margarine	Butter, Margarine, Spreads, Butter Replacements
Olive oil	Oil
Olives	Condiments, Sauce, Salsa
Onion dip	Dip
Onion rings	Vegetables, Dry Beans
Onions	Vegetables, Dry Beans
Oodles of Noodles	Soups
Orange	Fruits, Berries
Orange beef Chinese	Chinese Mixed Dishes
Orange chicken Chinese	Chinese Mixed Dishes
Orange drink	Juices (100%), Drinks, Ades
Orange juice	Juices (100%), Drinks, Ades
Orange Julius	Milk Shakes
Orange soda	Sodas, Pop, Soft Drinks
Oreo cookie	Cookies, Brownies
Organ meats	Beef, Lamb, Veal, Game Meats
Oriental mix	Other chips and puffs
Ostrich	Poultry
Ovaltine	Flavored Milk Drinks
Ovaltine powder	Syrups, Pancake Syrup
Oxtails	Beef, Lamb, Veal, Game Meats
Oyster crackers	Crackers
Oysters	Shellfish
Pad thai noodles	Chinese Mixed Dishes
Paella	Mixed Dishes, Casseroles
Pan de Huevo	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Pan Dulce	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Pancake syrup	Syrups, Pancake Syrup
Pancakes	Pancakes/Flapjacks
Panzerotti	Calzones, Stromboli
Papaya	Fruits, Berries
Parfait	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Parmesan cheese	Cheese
Parsley	Vegetables, Dry Beans
Parsnips	Vegetables, Dry Beans

Food Name	FIB Category
Partridge	Poultry
Party	Unknown
Party mix	Other chips and puffs
Passion fruit	Fruits, Berries
Pasta	Pasta, plain or with sauce
Pasta mixed dish	Mixed Dishes, Casseroles
Pasta Roni	Pasta, plain or with sauce
Pasta salad	Other Salads
Pastelillo	Turnovers
Pastrami	Deli Meats, Packaged Lunch Meats, Meat Spreads, Potted Meat
Pastrami sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Pastry	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Pate	Deli Meats, Packaged Lunch Meats, Meat Spreads, Potted Meat
Payday candy	Candy
PB and jelly sandwich	Peanut Butter Sandwich, Peanut Butter and Jelly Sandwich
PB sandwich	Peanut Butter Sandwich, Peanut Butter and Jelly Sandwich
PBJ sandwich	Peanut Butter Sandwich, Peanut Butter and Jelly Sandwich
Pea pods	Vegetables, Dry Beans
Pea soup	Soups
Peach	Fruits, Berries
Peach pie	Pies, Tarts
Peanut brittle candy	Candy
Peanut butter	Peanut Butter
Peanut butter and jelly sandwich	Peanut Butter Sandwich, Peanut Butter and Jelly Sandwich
Peanut butter cookie	Cookies, Brownies
Peanut butter cup candy	Candy
Peanut Butter Puffs cereal	Ready-to-Eat Cereals
Peanut butter sandwich	Peanut Butter Sandwich, Peanut Butter and Jelly Sandwich
Peanut Butter sandwich crackers	Crackers
Peanut Clusters candy	Candy
Peanut sauce	Condiments, Sauce, Salsa
Peanuts	Nuts and Seeds
Pear	Fruits, Berries
Peas	Vegetables, Dry Beans
Peas and carrots	Vegetables, Dry Beans
Peas and rice	Beans and Rice

Food Name	FIB Category
Pecan pie	Pies, Tarts
Pecan roll candy	Candy
Pecan Sandies	Cookies, Brownies
Pecan swirls	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Pecans	Nuts and Seeds
Pedialyte	Juices (100%), Drinks, Ades
PediaSure formula	Formulas
Peking duck	Poultry
Pepper steak Chinese	Chinese Mixed Dishes
Peppermint Patty candy	Candy
Pepperoni	Deli Meats, Packaged Lunch Meats, Meat Spreads, Potted Meat
Pepperoni pizza	Pizza, Pizza Rolls, Bagel Bites
Pepperpot soup	Soups
Peppers	Vegetables, Dry Beans
Pepsi	Sodas, Pop, Soft Drinks
Pepsi Max	Sodas, Pop, Soft Drinks
Persimmon	Fruits, Berries
Peruvian beans	Beans and Peas
Pesto sauce	Condiments, Sauce, Salsa
Pheasant	Poultry
Pickles	Condiments, Sauce, Salsa
Pico de gallo	Dip
Pie	Pies, Tarts
Pie filling	Fruits, Berries
Piedra	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Pierogi	Turnovers
Pig in a blanket	Hot Dogs
Pigeon	Poultry
Pigeon pea asopao	Mixed Dishes, Casseroles
Pignolias	Nuts and Seeds
Pigs feet	Ham or Pork
Pimiento	Vegetables, Dry Beans
Pimiento cheese spread	Cheese
Pina Colada	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Pineapple	Fruits, Berries
Pineapple juice	Juices (100%), Drinks, Ades
Pineapple upside down cake	Cakes, Cupcakes, Snack Cakes
Pinto beans	Beans and Peas
Pirate's Booty	Other chips and puffs
Pistachios	Nuts and Seeds
Pita bread	Bread (Not Sweet)

Food Name	FIB Category
Pita chips	Crackers
Pixy Stix candy	Candy
Pizza	Pizza, Pizza Rolls, Bagel Bites
Pizza bagel	Pizza, Pizza Rolls, Bagel Bites
Pizza Bites	Pizza, Pizza Rolls, Bagel Bites
Pizza Hut breadsticks	Garlic Bread & Breadsticks
Pizza Pocket	Turnovers
Pizza rolls	Pizza, Pizza Rolls, Bagel Bites
Pizza sauce	Spaghetti Sauce
Plain bottled water	Water, Carbonated Water
Plantain	Vegetables, Dry Beans
Plantain soup	Soups
Plato Arabe	Mixed Dishes, Casseroles
Plum	Fruits, Berries
Poached egg	Eggs, Egg Substitutes
Poke greens	Vegetables, Dry Beans
Polenta	Cooked Cereals
Polish sausage	Sausage
Pomegranate	Fruits, Berries
Pomegranate juice	Juices (100%), Drinks, Ades
Poor boy sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Poori Indian bread	Bread (Not Sweet)
Pop	Sodas, Pop, Soft Drinks
Pop Tart	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Popcorn	Popcorn
Popcorn balls	Popcorn
Popcorn cake	Crackers
Popcorn chicken	Chicken nuggets, tenders, patty
Popcorn chips	Other chips and puffs
Popover	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Popped chips	Other chips and puffs
Popsicle	Popsicles, Ices, Frozen Fruit Bars, Sorbets, Slurpees, Smoothies
Pork	Ham or Pork
Pork and beans	Beans and Peas
Pork bbq	Barbecue, Sloppy Joe
Pork bbq sandwich	Barbecue, Sloppy Joe
Pork chop	Ham or Pork
Pork cracklings	Ham or Pork
Pork fried rice	Chinese Mixed Dishes
Pork lo mein	Chinese Mixed Dishes
Pork mixed dish	Mixed Dishes, Casseroles

Food Name	FIB Category
Pork rinds	Other chips and puffs
Pork roast	Ham or Pork
Pork w vegetables Chinese	Chinese Mixed Dishes
Porridge	Cooked Cereals
Port wine	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Pot cheese	Cottage Cheese
Pot pie	Turnovers
Pot roast	Beef, Lamb, Veal, Game Meats
Pot sticker	Egg Roll, Spring Roll, Summer Roll, Fresh Garden Roll
Potato	White Potatoes
Potato chips	Potato chips
Potato pancakes	Pancakes/Flapjacks
Potato puffs	French Fries, Tater Tots
Potato salad	Other Salads
Potato skins	White Potatoes
Potato soup	Soups
Potato sticks	Potato chips
Potato wedges	French Fries, Tater Tots
Potted meat	Deli Meats, Packaged Lunch Meats, Meat Spreads, Potted Meat
Poultry	Poultry
Pound cake	Cakes, Cupcakes, Snack Cakes
Powdered breakfast drink	Powdered Breakfast Drinks, Meal Replacements, Protein Supplements
Powdered milk	Milk
Powdered sugar	Sugars
Power Bar	Breakfast Bars, Granola Bars, Meal Replacement Bars
Powerade drink	Energy & Sports Drinks
Pozole soup	Soups
Pralines candy	Candy
Prawn	Shellfish
Preserves	Jam, Jelly, Fruit Spreads
Pretzels	Pretzels
Prime rib	Beef, Lamb, Veal, Game Meats
Pringles potato chips	Potato chips
Propel water	Water, Carbonated Water
Prosciutto ham	Deli Meats, Packaged Lunch Meats, Meat Spreads, Potted Meat
Protein bar	Breakfast Bars, Granola Bars, Meal Replacement Bars
Protein drink	Powdered Breakfast Drinks, Meal Replacements, Protein Supplements
Protein powder	Powdered Breakfast Drinks, Meal Replacements, Protein Supplements

Food Name	FIB Category
Protein shake	Powdered Breakfast Drinks, Meal Replacements, Protein Supplements
Protein supplement drink	Powdered Breakfast Drinks, Meal Replacements, Protein Supplements
Provolone cheese	Cheese
Prune juice	Juices (100%), Drinks, Ades
Prunes	Fruits, Berries
Pudding	Pudding
Puffed corn	Other chips and puffs
Pumpernickel bread	Bread (Not Sweet)
Pumpkin	Vegetables, Dry Beans
Pumpkin bread	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Pumpkin pie	Pies, Tarts
Pumpkin seeds	Nuts and Seeds
Punch	Juices (100%), Drinks, Ades
Pupusa	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
Puri Indian bread	Bread (Not Sweet)
Push pop	Popsicles, Ices, Frozen Fruit Bars, Sorbets, Slurpees, Smoothies
Quail	Poultry
Quail egg	Eggs, Egg Substitutes
Quesadilla	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
Quiche	Quiche
Quinoa	Cooked Cereals
Rabbit	Beef, Lamb, Veal, Game Meats
Raccoon	Beef, Lamb, Veal, Game Meats
Radicchio	Vegetables, Dry Beans
Radish	Vegetables, Dry Beans
Raisin bran cereal	Ready-to-Eat Cereals
Raisin bread	Bread (Not Sweet)
Raisinets candy	Candy
Raisins	Fruits, Berries
Ranch dip	Dip
Ranch dressing	Salad Dressings, Mayonnaise
Raspberries	Fruits, Berries
Raspberry juice	Juices (100%), Drinks, Ades
Ratatouille	Vegetables, Dry Beans
Ravioli	Ravioli, Tortellini, Manicotti, Cannelloni, Stuffed Shells
Raw egg	Eggs, Egg Substitutes
RC Cola	Sodas, Pop, Soft Drinks
Red beans	Beans and Peas
Red beans and rice	Beans and Rice

Food Name	FIB Category
Red Bull Energy Drink	Energy & Sports Drinks
Red wine	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Reddi wip topping	Cream, Creamers, Whipped Toppings
Reduced fat milk	Milk
Reese's candy	Candy
Reese's Peanut Butter Cup candy	Candy
Reese's Pieces candy	Candy
Refried beans	Beans and Peas
Relish	Condiments, Sauce, Salsa
Reuben sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Rhubarb	Fruits, Berries
Ribs	Ham or Pork
Rice	Rice
Rice-A-Roni all flavors	Rice
Rice cake	Crackers
Rice Krispies bar	Breakfast Bars, Granola Bars, Meal Replacement Bars
Rice Krispies cereal	Ready-to-Eat Cereals
Rice Krispies Treats cereal	Ready-to-Eat Cereals
Rice milk	Milk
Rice noodles	Pasta, plain or with sauce
Rice pilaf	Rice
Rice pudding	Pudding
Rice soup	Soups
Rice tea	Tea, Hot & Iced
Rice-A-Roni all flavors	Rice
Ricotta cheese	Cottage Cheese
Ring Pop candy	Candy
Risotto	Rice
Ritz Bits crackers	Crackers
Ritz crackers	Crackers
Roast	Beef, Lamb, Veal, Game Meats
Roast beef	Beef, Lamb, Veal, Game Meats
Roast beef hash	Mixed Dishes, Casseroles
Roast beef luncheon deli meat	Deli Meats, Packaged Lunch Meats, Meat Spreads, Potted Meat
Roast beef sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Roast turkey	Poultry
Roasted chicken	Poultry
Rockstar Energy Drink	Energy & Sports Drinks
Roe	Shellfish
Roll	Rolls, Buns, Bagels, English Muffins
Root beer	Sodas, Pop, Soft Drinks

Food Name	FIB Category
Root beer float	Milk Shakes
Roti Indian bread	Bread (Not Sweet)
Rotisserie chicken	Poultry
Rum	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Rum and Coke	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Rutabaga	Vegetables, Dry Beans
Rye bread	Bread (Not Sweet)
Saccharin	Low Calorie Sweeteners, Sugar Substitutes
Saki Japanese wine	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Salad	Green Salads
Salad bar	Unknown
Salad dressing	Salad Dressings, Mayonnaise
Salami	Deli Meats, Packaged Lunch Meats, Meat Spreads, Potted Meat
Salami sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Salisbury steak	Mixed Dishes, Casseroles
Salmon	Fish, Shellfish
Salmon cake	Fish, Shellfish
Salmon patty	Fish, Shellfish
Salmon smoked	Fish, Shellfish
Salsa	Dip
Salsa verde	Dip
Saltine crackers	Crackers
Samosa	Turnovers
Sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Sandwich cookie	Cookies, Brownies
Sandwich crackers	Crackers
Sandwich steak meat	Beef, Lamb, Veal, Game Meats
Sandwich wrap	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Sangria wine	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Sardines	Fish, Shellfish
Sauce	Condiments, Sauce, Salsa
Sauerbraten	Beef, Lamb, Veal, Game Meats
Sauerkraut	Vegetables, Dry Beans
Sausage	Sausage
Sausage biscuit	Breakfast Sandwiches and Burritos
Sausage gravy	Condiments, Sauce, Salsa
Sausage sandwich	Breakfast Sandwiches and Burritos

Food Name	FIB Category
Scalloped potato	White Potatoes
Scallops	Shellfish
School breakfast	Unknown
School lunch	Unknown
Scone	Biscuits
Scotch	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Scotch and soda	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Scotch and water	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Scrambled egg	Eggs, Egg Substitutes
Scrapple	Sausage
Screwdriver	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Sea moss	Vegetables, Dry Beans
Seafood	Shellfish
Seafood dip	Dip
Seafood salad	Other Salads
Seaweed	Vegetables, Dry Beans
Seeds	Nuts and Seeds
Seitan	Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees
Seltzer water	Water, Carbonated Water
Sesame beef Chinese	Chinese Mixed Dishes
Sesame chicken Chinese	Chinese Mixed Dishes
Sesame pork Chinese	Chinese Mixed Dishes
Sesame seeds	Nuts and Seeds
Shake	Milk Shakes
Shaved ice	Popsicles, Ices, Frozen Fruit Bars, Sorbets, Slurpees, Smoothies
Shellfish	Shellfish
Shepherd's pie	Turnovers
Sherbet	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Sherry	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Shirley Temple	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Shish kabob	Mixed Dishes, Casseroles
Short ribs	Beef, Lamb, Veal, Game Meats
Shortbread cookie	Cookies, Brownies
Shortening	Butter, Margarine, Spreads, Butter Replacements
Shredded wheat cereal	Ready-to-Eat Cereals
Shrimp	Shellfish

Food Name	FIB Category
Shrimp and noodles	Mixed Dishes, Casseroles
Shrimp cocktail	Shellfish
Shrimp fried	Shellfish
Shrimp fried rice	Chinese Mixed Dishes
Shrimp lo mein	Chinese Mixed Dishes
Shrimp salad	Other Salads
Shrimp scampi	Shellfish
Shrimp tempura	Tempura
Shrimp teriyaki	Chinese Mixed Dishes
Shrimp toast Chinese	Chinese Mixed Dishes
Shrimp w/ vegetables Chinese	Chinese Mixed Dishes
Side salad	Green Salads
Sierra Mist	Sodas, Pop, Soft Drinks
Singapore Sling	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Skim milk	Milk
Skittles candy	Candy
Slim Fast bar	Breakfast Bars, Granola Bars, Meal Replacement Bars
Slim Fast supplement	Powdered Breakfast Drinks, Meal Replacements, Protein Supplements
Slim Jim jerky	Jerky, Dried Meats
Sloppy joe	Barbecue, Sloppy Joe
Slurpee	Popsicles, Ices, Frozen Fruit Bars, Sorbets, Slurpees, Smoothies
Slush Puppy	Popsicles, Ices, Frozen Fruit Bars, Sorbets, Slurpees, Smoothies
Slushee	Popsicles, Ices, Frozen Fruit Bars, Sorbets, Slurpees, Smoothies
Smarties candy	Candy
Smirnoff Ice	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Smoked sausage	Sausage
Smokie Links	Hot Dogs
Smoothie	Milk Shakes
S'mores cookie	Cookies, Brownies
Snack	Unknown
Snack bar	Breakfast Bars, Granola Bars, Meal Replacement Bars
Snack cake	Cakes, Cupcakes, Snack Cakes
Snack mix	Other chips and puffs
Snack sticks	Garlic Bread & Breadsticks
Snails	Shellfish
Snap beans	Vegetables, Dry Beans
Snapple	Juices (100%), Drinks, Ades
Snapple Tea	Tea, Hot & Iced
Snickers candy	Candy

Food Name	FIB Category
Snickers ice cream bar	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Snow cone	Popsicles, Ices, Frozen Fruit Bars, Sorbets, Slurpees, Smoothies
Snowpeas	Vegetables, Dry Beans
SoBe drink	Juices (100%), Drinks, Ades
SoBe Life Water	Water, Carbonated Water
Soda	Sodas, Pop, Soft Drinks
Soda crackers	Crackers
Soft drink	Sodas, Pop, Soft Drinks
Soft pretzels	Pretzels
Sopa caldo de pollo	Soups
Sopa caldo de Res	Soups
Sopa de ajo	Soups
Sopa de Albondigas	Soups
Sopa de carne y fideos	Soups
Sopa de Fideo Aguada	Soups
Sopa de pescado	Soups
Sopa de platano	Soups
Sopa de pollo con arroz	Soups
Sopa de tortilla	Soups
Sopa ranchera	Soups
Sopa seca de arroz	Soups
Sopa Seca de Fideo	Soups
Sopa seca dry noodle soup	Soups
Sopaipilla	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Sope shell	Tortillas, Taco Shells, Gordita Shells, Sope Shells, Chalupa Shells
Sopes	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
Sorbet	Popsicles, Ices, Frozen Fruit Bars, Sorbets, Slurpees, Smoothies
Souffle	Souffle
Soup	Soups
Sour cream	Sour Cream
Sourdough bread	Bread (Not Sweet)
Soy cheese	Cheese
Soy milk	Milk
Soy nuts	Nuts and Seeds
Soy sauce	Condiments, Sauce, Salsa
Soybean cake	Vegetables, Dry Beans
Soybean curd	Mixed Dishes, Casseroles
Soybeans	Beans and Peas
Spaghetti	Pasta, plain or with sauce

Food Name	FIB Category
Spaghetti and meatballs	Pasta, plain or with sauce
Spaghetti sauce	Spaghetti Sauce
Spaghetti w/ meat sauce	Pasta, plain or with sauce
SpaghettiOs	Pasta, plain or with sauce
Spam	Deli Meats, Packaged Lunch Meats, Meat Spreads, Potted Meat
Spanakopita	Turnovers
Spanish rice	Rice
Spareribs	Ham or Pork
Special K cereal	Ready-to-Eat Cereals
Spicy chicken sandwich	Chicken Patty and Fillet Sandwiches
Spinach	Vegetables, Dry Beans
Spinach and artichoke dip	Dip
Spinach dip	Dip
Spinach pie	Turnovers
Spinach salad	Green Salads
Splenda no calorie sweetener	Low Calorie Sweeteners, Sugar Substitutes
Split pea soup	Soups
Sports drink	Energy & Sports Drinks
Spread	Unknown
Spring roll	Egg Roll, Spring Roll, Summer Roll, Fresh Garden Roll
Sprinkles	Candy
Sprite	Sodas, Pop, Soft Drinks
Sprite Zero	Sodas, Pop, Soft Drinks
Sprouts	Vegetables, Dry Beans
Squab	Poultry
Squash	Vegetables, Dry Beans
Squash seeds	Nuts and Seeds
Squid	Shellfish
Starburst candy	Candy
Starfruit	Fruits, Berries
Steak	Beef, Lamb, Veal, Game Meats
Steak and cheese sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Steak and cheese sub	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Steak fries	French Fries, Tater Tots
Steak sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Steak sauce	Condiments, Sauce, Salsa
Steak sub	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Steak teriyaki	Chinese Mixed Dishes
Steak Ums	Beef, Lamb, Veal, Game Meats
Steamed bun	Turnovers

Food Name	FIB Category
Stevia sweetener	Low Calorie Sweeteners, Sugar Substitutes
Stew	Stews, Guisado, Goulash
Stewed apples	Fruits, Berries
Sticky bun	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Stir fry	Chinese Mixed Dishes
Strawberries	Fruits, Berries
Strawberry daiquiri	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Strawberry drink powder	Syrups, Pancake Syrup
Strawberry milk	Flavored Milk Drinks
Strawberry milkshake	Milk Shakes
Strawberry shortcake	Cakes, Cupcakes, Snack Cakes
Strawberry syrup	Syrups, Pancake Syrup
String beans	Vegetables, Dry Beans
String cheese	Cheese
Stroganoff	Beef Stroganoff
Stromboli	Calzones, Stromboli
Strudel	Pies, Tarts
Stuffed cabbage rolls	Stuffed Cabbage, Stuffed Peppers, Stuffed Graped Leaves, Chile Rellenos
Stuffed grape leaves	Stuffed Cabbage, Stuffed Peppers, Stuffed Graped Leaves, Chile Rellenos
Stuffed jalapeno popper	Vegetables, Dry Beans
Stuffed mushrooms	Stuffed Cabbage, Stuffed Peppers, Stuffed Graped Leaves, Chile Rellenos
Stuffed pepper	Stuffed Cabbage, Stuffed Peppers, Stuffed Graped Leaves, Chile Rellenos
Stuffed potato	White Potatoes
Stuffed shells	Ravioli, Tortellini, Manicotti, Cannelloni, Stuffed Shells
Stuffed tomato	Stuffed Cabbage, Stuffed Peppers, Stuffed Graped Leaves, Chile Rellenos
Stuffed vegetable	Stuffed Cabbage, Stuffed Peppers, Stuffed Graped Leaves, Chile Rellenos
Stuffing	Bread or Rice Stuffing, Dressing
Submarine sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Subway sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Subway sub	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Succotash	Vegetables, Dry Beans
Sucker candy	Candy
Sugar	Sugars
Sugar cookie	Cookies, Brownies

Food Name	FIB Category
Sugar free candy	Candy
Sugar peas	Vegetables, Dry Beans
Sugar substitute	Low Calorie Sweeteners, Sugar Substitutes
Sugar Twin sugar substitute	Low Calorie Sweeteners, Sugar Substitutes
Sugar wafer	Cookies, Brownies
Summer roll	Egg Roll, Spring Roll, Summer Roll, Fresh Garden Roll
Summer sausage	Sausage
Sun Chips	Other chips and puffs
Sunflower seeds	Nuts and Seeds
Sunny Delight drink	Juices (100%), Drinks, Ades
Surullo	Cornbread, Corn Muffins, Corn Pone
Sushi	Sushi
Sushi ginger, pickled	Vegetables, Dry Beans
Swedish meatballs	Meatloaf, Meatballs
Sweet and Low sugar substitute	Low Calorie Sweeteners, Sugar Substitutes
Sweet and sour beef	Chinese Mixed Dishes
Sweet and sour chicken	Chinese Mixed Dishes
Sweet and sour pork	Chinese Mixed Dishes
Sweet and sour sauce	Condiments, Sauce, Salsa
Sweet and sour shrimp	Chinese Mixed Dishes
Sweet bread	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Sweet bun	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Sweet potato	Sweet Potatoes
Sweet potato chips	Potato chips
Sweet potato fries	French Fries, Tater Tots
Sweet potato pie	Pies, Tarts
Sweet roll	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Sweet Tarts candy	Candy
Sweet tea	Tea, Hot & Iced
Swiss cake roll	Cakes, Cupcakes, Snack Cakes
Swiss chard	Vegetables, Dry Beans
Swiss cheese	Cheese
Swiss steak	Mixed Dishes, Casseroles
Syrup	Syrups, Pancake Syrup
Szechuan beef	Chinese Mixed Dishes
Szechuan chicken	Chinese Mixed Dishes
Szechuan pork	Chinese Mixed Dishes
Szechuan shrimp	Chinese Mixed Dishes
Tab	Sodas, Pop, Soft Drinks
Tab energy drink	Energy & Sports Drinks
Tabasco sauce	Condiments, Sauce, Salsa
Tabbouleh	Mixed Dishes, Casseroles

Food Name	FIB Category
Table fat	Butter, Margarine, Spreads, Butter Replacements
Taco	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
Taco Bell cinnamon twist	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Taco Bell taco salad	Other Salads
Taco dip	Dip
Taco salad	Other Salads
Taco sauce	Condiments, Sauce, Salsa
Taco shell	Tortillas, Taco Shells, Gordita Shells, Sope Shells, Chalupa Shells
Taffy candy	Candy
Tahini	Peanut Butter
Tamale	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
Tamarind	Fruits, Berries
Tamarind candy	Candy
Tamarind drink	Juices (100%), Drinks, Ades
Tang drink	Juices (100%), Drinks, Ades
Tangelo	Fruits, Berries
Tangerine	Fruits, Berries
Tannier	Vegetables, Dry Beans
Tap water	Water, Carbonated Water
Tapioca pudding	Pudding
Taquito	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
Taro	Vegetables, Dry Beans
Taro leaves	Vegetables, Dry Beans
Tart	Pies, Tarts
Tartar sauce	Condiments, Sauce, Salsa
Tastykake	Cakes, Cupcakes, Snack Cakes
Tater tots	French Fries, Tater Tots
Tea	Tea, Hot & Iced
Teddy Grahams	Crackers
Tempeh	Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees
Tempura	Tempura
Tequila	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Teriyaki sauce	Condiments, Sauce, Salsa
Texas toast	Garlic Bread & Breadsticks
Textured vegetable protein TVP	Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees
Thousand Island dressing	Salad Dressings, Mayonnaise
Three bean salad	Other Salads

Food Name	FIB Category
Three Musketeers candy	Candy
Tic Tacs	Candy
Tiger's milk supplement	Powdered Breakfast Drinks, Meal Replacements, Protein Supplements
Tilapia	Fish, Shellfish
Tiramisu dessert	Pudding
Toast	Bread (Not Sweet)
Toaster pastry	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Toaster strudel	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Toffee candy	Candy
Tofu	Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees
Tofu mixed dish	Mixed Dishes, Casseroles
Tofu w/ vegetables	Chinese Mixed Dishes
Tom Collins	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Tomato and cucumber salad	Other Salads
Tomato aspic	Other Salads
Tomato juice	Juices (100%), Drinks, Ades
Tomato sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Tomato sauce	Condiments, Sauce, Salsa
Tomato soup	Soups
Tomatoes	Vegetables, Dry Beans
Tongue	Beef, Lamb, Veal, Game Meats
Tonic water	Water, Carbonated Water
Tootsie Roll candy	Candy
Tootsie Roll Pop candy	Candy
Top Ramen noodle soup	Soups
Torte	Cakes, Cupcakes, Snack Cakes
Tortellini	Ravioli, Tortellini, Manicotti, Cannelloni, Stuffed Shells
Tortilla	Tortillas, Taco Shells, Gordita Shells, Sope Shells, Chalupa Shells
Tortilla chips	Other chips and puffs
Tossed salad	Green Salads
Tostada	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
Tostada chips	Other chips and puffs
Tostitos	Other chips and puffs
Town House crackers	Crackers
Trail mix	Trail and Snack Mix
Treet	Deli Meats, Packaged Lunch Meats, Meat Spreads, Potted Meat

Food Name	FIB Category
Trifle pudding	Pudding
Tripe	Beef, Lamb, Veal, Game Meats
Triple delight Chinese	Chinese Mixed Dishes
Triscuit crackers	Crackers
Trix cereal	Ready-to-Eat Cereals
Trout	Fish, Shellfish
Truffles candy	Candy
Tuna	Fish, Shellfish
Tuna casserole	Mixed Dishes, Casseroles
Tuna Helper	Hamburger Helper, Chicken Helper, Tuna Helper
Tuna melt sandwich	Fish, Shellfish Sandwiches
Tuna noodle casserole	Mixed Dishes, Casseroles
Tuna salad	Other Salads
Tuna salad sandwich	Fish, Shellfish Sandwiches
Tuna sandwich	Fish, Shellfish Sandwiches
Tuna sub	Fish, Shellfish Sandwiches
Turkey	Poultry
Turkey and cheese sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Turkey and stuffing	Mixed Dishes, Casseroles
Turkey bacon	Bacon
Turkey breast luncheon deli meat	Deli Meats, Packaged Lunch Meats, Meat Spreads, Potted Meat
Turkey club sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Turkey luncheon deli meat	Deli Meats, Packaged Lunch Meats, Meat Spreads, Potted Meat
Turkey nuggets	Poultry
Turkey salad	Other Salads
Turkey sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Turkey sausage	Sausage
Turnip	Vegetables, Dry Beans
Turnip greens	Vegetables, Dry Beans
Turnover	Turnovers
Turtle	Shellfish
Turtles candy	Candy
TV dinner	Frozen Meals, Frozen Main Dishes
Twinkie	Cakes, Cupcakes, Snack Cakes
Twix candy	Candy
Twizzlers candy	Candy
Tzatziki dip	Dip
Uncrustables PBJ sandwich	Peanut Butter Sandwich, Peanut Butter and Jelly Sandwich
Unknown food	Unknown

Food Name	FIB Category
Unknown meal	Unknown
V8 Fusion drink	Juices (100%), Drinks, Ades
V8 Juice	Juices (100%), Drinks, Ades
V8 Splash drink	Juices (100%), Drinks, Ades
Vanilla milkshake	Milk Shakes
Vanilla pudding	Pudding
Vanilla wafer	Cookies, Brownies
Vault energy drink	Energy & Sports Drinks
Vault Zero energy drink	Energy & Sports Drinks
Veal	Beef, Lamb, Veal, Game Meats
Veal parmigiana	Mixed Dishes, Casseroles
Vegetable beef soup	Soups
Vegetable biryani	Mixed Dishes, Casseroles
Vegetable casserole	Mixed Dishes, Casseroles
Vegetable chips	Other chips and puffs
Vegetable crisps	Other chips and puffs
Vegetable dip	Dip
Vegetable fried rice	Chinese Mixed Dishes
Vegetable juice	Juices (100%), Drinks, Ades
Vegetable lo mein	Chinese Mixed Dishes
Vegetable salad	Other Salads
Vegetable sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Vegetable soup	Soups
Vegetable stew	Stews, Guisado, Goulash
Vegetable tempura	Tempura
Vegetables	Vegetables, Dry Beans
Vegetarian bacon	Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees
Vegetarian baked beans	Beans and Peas
Vegetarian chicken	Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees
Vegetarian chicken nuggets	Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees
Vegetarian chicken sticks	Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees
Vegetarian chili	Chili, Chili Con Carne
Vegetarian dinner loaf	Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees
Vegetarian fish fillet	Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees
Vegetarian fish sticks	Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees
Vegetarian luncheon meat	Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees

Food Name	FIB Category
Vegetarian meat substitute	Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees
Vegetarian meatballs	Meatloaf, Meatballs
Vegetarian meatloaf	Meatloaf, Meatballs
Vegetarian rice loaf	Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees
Vegetarian sausage	Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees
Vegetarian scallops	Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees
Vegetarian swiss steak w/ gravy	Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees
Veggie burger	Burgers
Velveeta	Cheese
Venison	Beef, Lamb, Veal, Game Meats
Vienna sausage	Sausage
Vietnamese Pho soup	Soups
Vinaigrette dressing	Salad Dressings, Mayonnaise
Vinegar	Condiments, Sauce, Salsa
Vinegar and oil dressing	Salad Dressings, Mayonnaise
Vitamin water	Water, Carbonated Water
Vodka	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Vodka and cranberry	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Vodka and grapefruit	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Vodka and Red Bull	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Vodka and tonic	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Vodka Collins	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Vodka martini	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Waffle	Waffles
Waffle fries	French Fries, Tater Tots
Waldorf salad	Other Salads
Walnuts	Nuts and Seeds
Wasabi paste or sauce	Condiments, Sauce, Salsa
Wasabi peas	Vegetables, Dry Beans
Water	Water, Carbonated Water
Water chestnut	Vegetables, Dry Beans
Watergate salad	Other Salads
Watermelon	Fruits, Berries

Food Name	FIB Category
Weight Watcher's Smart Ones frozen din	Frozen Meals, Frozen Main Dishes
Wendy's chicken sandwich	Chicken Patty and Fillet Sandwiches
Wendy's french fries	French Fries, Tater Tots
Wendy's Frosty	Milk Shakes
Wendy's salad	Green Salads
Western omelet	Eggs, Egg Substitutes
Wheat bran	Ready-to-Eat Cereals
Wheat bread	Bread (Not Sweet)
Wheat cereal	Ready-to-Eat Cereals
Wheat germ	Ready-to-Eat Cereals
Wheat Thins	Crackers
Wheatena cereal	Cooked Cereals
Wheaties cereal	Ready-to-Eat Cereals
Whipped cream	Cream, Creamers, Whipped Toppings
Whipped topping	Cream, Creamers, Whipped Toppings
Whiskey	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Whiskey and Coke	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Whiskey Sour	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
White bread	Bread (Not Sweet)
White chocolate candy	Candy
White rice	Rice
White wine	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Whole milk	Milk
Whole wheat bread	Bread (Not Sweet)
Whopper's candy	Candy
Wiener	Hot Dogs
Wild rice	Rice
Wine	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Wine cooler	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Winter melon	Vegetables, Dry Beans
Wonton Chinese	Egg Roll, Spring Roll, Summer Roll, Fresh Garden Roll
Wonton soup	Soups
Worcestershire sauce	Condiments, Sauce, Salsa
XXX	#N/A
Yaki Soba	Mixed Dishes, Casseroles
Yam	Sweet Potatoes
Yellow rice	Rice
Yogurt	Yogurt
Yogurt shake	Milk Shakes

Food Name	FIB Category
Yogurt smoothie	Milk Shakes
Yogurt tube	Yogurt
Yoo hoo	Flavored Milk Drinks
Yuca	Vegetables, Dry Beans
Yuca fries	French Fries, Tater Tots
Ziti	Pasta, plain or with sauce
Zucchini	Vegetables, Dry Beans
Zucchini bread	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants
Zwieback toast	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
BIS – biscuit	JDM – jerky/ dried meats
BMI* – breast milk	MAC – macaroni & cheese
BPE – beans and peas	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	PAN – pancakes
CCH – cream cheese	PBS – peanut butter spread
CER – ready to eat cereals	PUD – pudding
CHC – cocoa/ hot chocolate	PZL – pretzels
CHE – cheese	SCR – sour cream
CHI – chili	SOD – soda
COF – coffee	SPS – spaghetti sauce
COO – cookies	SSH – sushi
COT – cottage cheese	SUG – sugars
CRL – creole	SWE – low cal sweeteners
CRW – creamers	SWP – sweet potato
CSS – condiments/ sauces	SYR – syrups
DUM – dumplings	TEA – tea
EGN – eggnog	TEM – tempura
ESD – energy sports drinks	TTS – taco/tortilla shells
ESR – egg rolls	WAF – waffles
FFR – french fries	WAT – water
FRE – french toast	YOG – yogurt
GEL – gelatin	
JAM – jam	

*No details or amounts will be collected.

Group 2 – Complex categories:

These categories collect detailed information about ingredients and/or preparation methods and additions.

ALC – alcohol	PAS – pasta, plain or with sauce
BBQ – barbecue/ sloppy joe	PBD – powdered beverage drinks
BLV – beef, lamb, veal	PCH – potato chips
BNR – beans & rice	PCO – popcorn
BRE – bread	PIE – pies, tarts
BUT – butter	PIZ – pizza
CDY – candy	POR – pork
CKC – cooked cereals	POT – potatoes
CMD – Chinese mixed dishes	POU – poultry
CNT – chicken nuggets, tenders, patty	PSS – popsicles, etc.
CRA – crackers	PTP – pot pie
CUR – curry	QCH – quiche
DIP – dip	RTM – ravioli, tortellini
DOU – doughnut	RIC – rice
EGG – eggs/egg substitutes	SCS – sweet breads, coffee cakes
FIS – fish	TOV - turnovers
FMD – flavored milk drinks	STF – stroganoff
FRU – fruit	RBB – rolls, buns, bagels
HEL – hamburger helper	SCP – stuffed cabbage/peppers
JDA – juice drinks/ades	SGE – sausage
LAS – lasagna	SOF – soufflé
LOM – liver, organ meats	STD – stuffing
MSA – meat substitutes	STW – stew
MXD – mixed dishes	TSM – trail mix, snack mix
NSM – nuts, seeds	VEG – vegetables
OCH – other chips and puffs	
OTS – other salads	

Group 3 – Component categories:

These categories collect detailed ingredients, preparation methods, and amounts of the ingredients in most cases.

BFS – breakfast sandwiches and burritos	MEX – Mexican foods
BUR – burger on bun	MSH – milkshakes
DOG – hot dog	OSA – other sandwich (meat)
FRZ – frozen meal	PBJ – peanut butter & jelly sandwich
GCS – grilled cheese sandwich	SHS – fish/shellfish sandwich
GRS – green salad	SOU – soup
ICR – ice cream	SHF - shellfish
LTP – lunchables	

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
BTF – baby toddler food
UNK – unknown food

Appendix C

Responses Included Under Food Source Codes

Appendix C
Responses Included Under Food Source Codes

Stores

Code 1 - Store – grocery/supermarket

Bakery
Commissary
Delivery from store
Ethnic food store
Farmer's market
Grocery store

Health food store
Produce stand
Salad/food bar items
Sample from store
Seafood store/stand
Supermarket

Warehouse store
  (Costco, Sam's Club, B.J.'s)
Weight loss program
  (Jenny Craig, LA Weight Loss)
Wal-Mart/Target/Kmart

Code 27 – Store – convenience type

Convenience-type store
  (7-11, Circle K)

Dollar store
Drug store
Gas station

Gift shop
Liquor/beer store

Code 28 – Store – no additional info

Restaurants

Code 2 – Restaurant with waiter/waitress

Buffet
Diner

Hotel room service
Lodge

Restaurants with
waiter/waitress service

Code 3 – Restaurant fast food/Pizza

All fast food places
All pizza places
Bagel shop
Carry out

Coffee shop
Deli/sandwich shop
Doughnut shop
Food courts

Ice-cream shop
Drive thrus

Code 4 – Bar/Tavern/Lounge

Bar/tavern

Cocktail lounge

Other "drinking places"

Code 5 – Restaurant no additional info

Cafeterias/Care Centers

Code 6 – Cafeteria NOT in a K-12 school

All cafeterias
  (except in K-12 schools)

College/university cafeteria
Hospital cafeteria

Work cafeteria

Code 7 – Cafeteria in a K-12 school

School cafeteria
  (only in K-12 school)

Code 8 – Child/adult care center

Child or adult care center other than homes
Day camp

Code 9 – Child/adult home daycare

Private home providing paid daycare for children or adult

Community Food Programs

Code 10 – Soup kitchen/Shelter/Food pantry

Emergency food source
  (flood, earthquake relief)

Food bank

Homeless shelter

Code 11 – Meals on Wheels Program

Other community programs providing meals to homebound elderly and disabled persons

Code 12 – Community food program – other

Programs providing food
  on a regular basis

Senior citizen center
State/Federal congregate
  meal site

WIC office
(Not from store with WIC
  voucher)

Code 13 – Community program no additional info

Other Sources

Code 14 – Vending machine

Code 15 – Common coffee pot or snack tray

Code 16 – From someone else/Gift (not paid for by SP)

Church	Home of family/friend	Picnic
Clinic/doctor's office	Meeting	Wedding reception
Given by family/friend	Party	Work – from someone else

Code 17 – Mail order purchase

Catalog	Mail order	Internet order

Code 18 – Residential dining facility

Base dining hall	Nursing home
Group home	Senior retirement facility

Code 19 – Grown or caught by you or someone you know

Home-grown food (vegetables from garden, eggs from chicken)	Hunted wild food (rabbit, deer, duck, etc)

Code 20 – Fish caught by you or someone you know

Includes fish and seafood

Code 24 – Sport, recreation, or entertainment facility

Amusement/theme park	Concert	Skating/ice rink
Bowling alley/bingo	Fair/festival	Sporting event/game
Carnival/circus/zoo	Flea market	Sports stadium
Casino	Movie theater	Swimming pool

Code 25 – Street vendor, vending truck

Coffee cart	Hot dog stand	Street concession stand
Food truck		

Code 26 – Fundraiser sales

Boy/Girl Scout purchase	School fundraiser	Sport fundraiser

Code 91 – Other, Specify

Appendix D

List of Acceptable Abbreviations

Appendix D
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/