



Food Frequency Name: _____

SERVING SIZES	FOOD GROUP	SERVINGS PER DAY	SERVINGS PER WEEK	NEVER or RARELY
1 slice bread 1 cup dry cereal ½ cup cooked rice, pasta, or cereal ½ bun, bagel, or English muffin 1 small roll, biscuit, or muffin	Refined Grains —white bread, pasta, cereals			<input type="checkbox"/>
	Whole Grains —whole wheat bread, brown rice, oatmeal, bran cereal			<input type="checkbox"/>
1 cup raw leafy vegetable ½ cup cooked or raw vegetables 6 oz vegetable juice	Vegetables			<input type="checkbox"/>
6 oz fruit juice 1 medium fruit ¼ cup dried fruit ½ cup fresh, frozen, or canned fruit	Fruits			<input type="checkbox"/>
8 oz milk 1 cup yogurt 1½ oz cheese 2 oz process cheese	Dairy —low-fat or fat-free ice cream, milk, cheese, yogurt; frozen yogurt	<input type="checkbox"/>
	Dairy —whole milk, regular cheese, regular ice cream			<input type="checkbox"/>
3 oz cooked meats, poultry, or fish	Meats, Poultry, Fish —lean			<input type="checkbox"/>
	Meats, Poultry, Fish —high-fat: sausage, cold cuts, spareribs, hot dogs, eggs, bacon			<input type="checkbox"/>
1/3 cup or 1½ oz nuts 2 Tbsp or ½ oz seeds ½ cup cooked dry beans 4 oz tofu, 1 cup soy milk 2 Tbsp peanut butter	Nuts, Seeds and Dry Beans			<input type="checkbox"/>
1 Tbsp regular dressing 2 Tbsp light salad dressing 1 tsp oil 1 Tbsp low-fat mayonnaise 1 tsp margarine, butter	Fats and Oils			<input type="checkbox"/>
8 oz lemonade 1½ oz candy 8 oz. soda	Sweets			<input type="checkbox"/>
12 oz beer, 4 oz wine 1 shot hard liquor	Alcohol			<input type="checkbox"/>