SPNS Cooperative Agreement Evaluation
Module 41B: Nutrition Questionnaire - Page 1 of 3
National Evaluation by The Measurement Group

ID Letters	ID Numbers	Site	Sub-Provider	Service Date
				Month / Day / Year

My Birthdate	My Gender	My height	My weight
Month / Day / Year	○ Male ○ Female	feet inches	pounds

How often do you eat these foods? Darken the circle corresponding to the frequency of your intake. Please name food if you use an "Other" category.

CEREALS AND GRAINS

Bread
○ Never
○ Several Times a Year
○ About Monthly
○ A Few Times a Month or Weekly
○ Daily or More Often

Hot or cold cereal
○ Never
○ Several Times a Year
○ About Monthly
○ A Few Times a Month or Weekly
○ Daily or More Often

Rice
○ Never
○ Several Times a Year
○ About Monthly
○ A Few Times a Month or Weekly
○ Daily or More Often

Pasta noodles, macaroni
○ Never
○ Several Times a Year
○ About Monthly
○ A Few Times a Month or Weekly
○ Daily or More Often

Tortilla
○ Never
○ Several Times a Year
○ About Monthly
○ A Few Times a Month or Weekly
○ Daily or More Often

Roll, biscuit, muffin
○ Never
○ Several Times a Year
○ About Monthly
○ A Few Times a Month or Weekly
○ Daily or More Often

Other grain products
○ Never
○ Several Times a Year
○ About Monthly
○ A Few Times a Month or Weekly
○ Daily or More Often

Specify other:

HIGH PROTEIN FOODS

Red Meat
○ Never
○ Several Times a Year
○ About Monthly
○ A Few Times a Month or Weekly
○ Daily or More Often

Fish or poultry
○ Never
○ Several Times a Year
○ About Monthly
○ A Few Times a Month or Weekly
○ Daily or More Often

Eggs
○ Never
○ Several Times a Year
○ About Monthly
○ A Few Times a Month or Weekly
○ Daily or More Often

Nuts
○ Never
○ Several Times a Year
○ About Monthly
○ A Few Times a Month or Weekly
○ Daily or More Often

Beans
○ Never
○ Several Times a Year
○ About Monthly
○ A Few Times a Month or Weekly
○ Daily or More Often

"Veggie" protein foods
○ Never
○ Several Times a Year
○ About Monthly
○ A Few Times a Month or Weekly
○ Daily or More Often

Other high-protein foods
○ Never
○ Several Times a Year
○ About Monthly
○ A Few Times a Month or Weekly
○ Daily or More Often

Specify other:

MIXED FOODS

Pasta dishes (lasagna, spaghetti, etc.)
○ Never
○ Several Times a Year
○ About Monthly
○ A Few Times a Month or Weekly
○ Daily or More Often

Pizza
○ Never
○ Several Times a Year
○ About Monthly
○ A Few Times a Month or Weekly
○ Daily or More Often

Tacos, burritos
○ Never
○ Several Times a Year
○ About Monthly
○ A Few Times a Month or Weekly
○ Daily or More Often

Stir-fry (meat & vegetables)
○ Never
○ Several Times a Year
○ About Monthly
○ A Few Times a Month or Weekly
○ Daily or More Often

Omelettes
○ Never
○ Several Times a Year
○ About Monthly
○ A Few Times a Month or Weekly
○ Daily or More Often

Soups, chili, stew, casserole
○ Never
○ Several Times a Year
○ About Monthly
○ A Few Times a Month or Weekly
○ Daily or More Often

Other
○ Never
○ Several Times a Year
○ About Monthly
○ A Few Times a Month or Weekly
○ Daily or More Often

Specify other:

BEVERAGES

Regular coffee or tea
○ Never
○ Several Times a Year
○ About Monthly
○ A Few Times a Month or Weekly
○ Daily or More Often

Decaf coffee or tea
○ Never
○ Several Times a Year
○ About Monthly
○ A Few Times a Month or Weekly
○ Daily or More Often

Regular soda
○ Never
○ Several Times a Year
○ About Monthly
○ A Few Times a Month or Weekly
○ Daily or More Often

Diet soda
○ Never
○ Several Times a Year
○ About Monthly
○ A Few Times a Month or Weekly
○ Daily or More Often

Koolaid or Gatorade
○ Never
○ Several Times a Year
○ About Monthly
○ A Few Times a Month or Weekly
○ Daily or More Often

Water
○ Never
○ Several Times a Year
○ About Monthly
○ A Few Times a Month or Weekly
○ Daily or More Often

Beer or wine
○ Never
○ Several Times a Year
○ About Monthly
○ A Few Times a Month or Weekly
○ Daily or More Often

Liquor or mixed drink
○ Never
○ Several Times a Year
○ About Monthly
○ A Few Times a Month or Weekly
○ Daily or More Often

Other beverages
○ Never
○ Several Times a Year
○ About Monthly
○ A Few Times a Month or Weekly
○ Daily or More Often

Specify other:

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ID Letters	ID Numbers	Site	Sub-Provider	Service Date
				Month / Day / Year

My Birthdate	My Gender	My height	My weight
Month / Day / Year	○ Male ○ Female	feet inches	pounds

How often do you eat these foods? Darken the circle corresponding to the frequency of your intake. Please name food if you use an "Other" category.

FATS AND OILS

Regular margarine or butter
- ○ Never
- ○ Several Times a Year
- ○ About Monthly
- ○ A Few Times a Month or Weekly
- ○ Daily or More Often

Mayonnaise
- ○ Never
- ○ Several Times a Year
- ○ About Monthly
- ○ A Few Times a Month or Weekly
- ○ Daily or More Often

Salad dressing
- ○ Never
- ○ Several Times a Year
- ○ About Monthly
- ○ A Few Times a Month or Weekly
- ○ Daily or More Often

Diet margarine, butter, mayonnaise, or salad dressing
- ○ Never
- ○ Several Times a Year
- ○ About Monthly
- ○ A Few Times a Month or Weekly
- ○ Daily or More Often

Other fat/oil
- ○ Never
- ○ Several Times a Year
- ○ About Monthly
- ○ A Few Times a Month or Weekly
- ○ Daily or More Often

Specify other:

CALORIE SUPPLEMENTS

Ensure (or other similar supplement drink)
- ○ Never
- ○ Several Times a Year
- ○ About Monthly
- ○ A Few Times a Month or Weekly
- ○ Daily or More Often

Lipisorp
- ○ Never
- ○ Several Times a Year
- ○ About Monthly
- ○ A Few Times a Month or Weekly
- ○ Daily or More Often

Instant breakfast (or other powdered supplement)
- ○ Never
- ○ Several Times a Year
- ○ About Monthly
- ○ A Few Times a Month or Weekly
- ○ Daily or More Often

Nutritional bar
- ○ Never
- ○ Several Times a Year
- ○ About Monthly
- ○ A Few Times a Month or Weekly
- ○ Daily or More Often

Other supplement
- ○ Never
- ○ Several Times a Year
- ○ About Monthly
- ○ A Few Times a Month or Weekly
- ○ Daily or More Often

Specify other:

DAIRY FOODS

Milk
- ○ Never
- ○ Several Times a Year
- ○ About Monthly
- ○ A Few Times a Month or Weekly
- ○ Daily or More Often

Yogurt
- ○ Never
- ○ Several Times a Year
- ○ About Monthly
- ○ A Few Times a Month or Weekly
- ○ Daily or More Often

Cheese
- ○ Never
- ○ Several Times a Year
- ○ About Monthly
- ○ A Few Times a Month or Weekly
- ○ Daily or More Often

Ice cream
- ○ Never
- ○ Several Times a Year
- ○ About Monthly
- ○ A Few Times a Month or Weekly
- ○ Daily or More Often

Soy milk
- ○ Never
- ○ Several Times a Year
- ○ About Monthly
- ○ A Few Times a Month or Weekly
- ○ Daily or More Often

Rice milk
- ○ Never
- ○ Several Times a Year
- ○ About Monthly
- ○ A Few Times a Month or Weekly
- ○ Daily or More Often

Other dairy products
- ○ Never
- ○ Several Times a Year
- ○ About Monthly
- ○ A Few Times a Month or Weekly
- ○ Daily or More Often

Specify other:

FAST FOOD

Hot dogs
- ○ Never
- ○ Several Times a Year
- ○ About Monthly
- ○ A Few Times a Month or Weekly
- ○ Daily or More Often

Hamburger/cheeseburger
- ○ Never
- ○ Several Times a Year
- ○ About Monthly
- ○ A Few Times a Month or Weekly
- ○ Daily or More Often

Fried fish or chicken
- ○ Never
- ○ Several Times a Year
- ○ About Monthly
- ○ A Few Times a Month or Weekly
- ○ Daily or More Often

French fries/onion rings
- ○ Never
- ○ Several Times a Year
- ○ About Monthly
- ○ A Few Times a Month or Weekly
- ○ Daily or More Often

Milkshakes
- ○ Never
- ○ Several Times a Year
- ○ About Monthly
- ○ A Few Times a Month or Weekly
- ○ Daily or More Often

Sub/sandwich
- ○ Never
- ○ Several Times a Year
- ○ About Monthly
- ○ A Few Times a Month or Weekly
- ○ Daily or More Often

Other fast food
- ○ Never
- ○ Several Times a Year
- ○ About Monthly
- ○ A Few Times a Month or Weekly
- ○ Daily or More Often

Specify other:

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ID Letters	ID Numbers	Site	Sub-Provider	Service Date
				Month / Day / Year

My Birthdate Month / Day / Year

My Gender
○ Male
○ Female

My height feet inches

My weight pounds

How often do you eat these foods? Darken the circle corresponding to the frequency of your intake. Please name food if you use an "Other" category.

FRUITS

Citrus fruit or juice (like orange or grapefruit)
○ Never
○ Several Times a Year
○ About Monthly
○ A Few Times a Month or Weekly
○ Daily or More Often

Other fruit (like apple, banana, pear, apricot, peach)
○ Never
○ Several Times a Year
○ About Monthly
○ A Few Times a Month or Weekly
○ Daily or More Often

Other fruit juices (like apple, grape, cranberry)
○ Never
○ Several Times a Year
○ About Monthly
○ A Few Times a Month or Weekly
○ Daily or More Often

Other fruit
○ Never
○ Several Times a Year
○ About Monthly
○ A Few Times a Month or Weekly
○ Daily or More Often

Specify other:

VEGETABLES

Salad
○ Never
○ Several Times a Year
○ About Monthly
○ A Few Times a Month or Weekly
○ Daily or More Often

Broccoli, cabbage, cauliflower
○ Never
○ Several Times a Year
○ About Monthly
○ A Few Times a Month or Weekly
○ Daily or More Often

Corn, peas, potatoes
○ Never
○ Several Times a Year
○ About Monthly
○ A Few Times a Month or Weekly
○ Daily or More Often

Carrots, yellow or orange squash
○ Never
○ Several Times a Year
○ About Monthly
○ A Few Times a Month or Weekly
○ Daily or More Often

Vegetable Juices (like tomato, V8, Clamato)
○ Never
○ Several Times a Year
○ About Monthly
○ A Few Times a Month or Weekly
○ Daily or More Often

Other veggies
○ Never
○ Several Times a Year
○ About Monthly
○ A Few Times a Month or Weekly
○ Daily or More Often

Specify other:

SWEETS

Cookies
○ Never
○ Several Times a Year
○ About Monthly
○ A Few Times a Month or Weekly
○ Daily or More Often

Candy
○ Never
○ Several Times a Year
○ About Monthly
○ A Few Times a Month or Weekly
○ Daily or More Often

Pies & cakes
○ Never
○ Several Times a Year
○ About Monthly
○ A Few Times a Month or Weekly
○ Daily or More Often

Donuts, sweet rolls
○ Never
○ Several Times a Year
○ About Monthly
○ A Few Times a Month or Weekly
○ Daily or More Often

Other goodies
○ Never
○ Several Times a Year
○ About Monthly
○ A Few Times a Month or Weekly
○ Daily or More Often

Specify other:

SNACK FOODS

Chips
○ Never
○ Several Times a Year
○ About Monthly
○ A Few Times a Month or Weekly
○ Daily or More Often

Pretzels
○ Never
○ Several Times a Year
○ About Monthly
○ A Few Times a Month or Weekly
○ Daily or More Often

Crackers
○ Never
○ Several Times a Year
○ About Monthly
○ A Few Times a Month or Weekly
○ Daily or More Often

Other snack foods
○ Never
○ Several Times a Year
○ About Monthly
○ A Few Times a Month or Weekly
○ Daily or More Often

Specify other:

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