

Food Frequency Questionnaire

	Servings per day	OR	Servings per week
Leafy Green Vegetables: 1 cup raw, 1/2 cup cooked			
Cruciferous Vegetables: (Kale, Broccoli, Cauliflower, etc.): 1/2 cup chopped			
Other Vegetables: 1/2 cup chopped (raw or cooked)			
Berries: 1/2 cup fresh or frozen, 1/4 cup dried			
Other Fruit: 1 medium fruit, 1 cup chopped fruit, 1/4 cup dried			
Legumes (Beans): 1/2 cup cooked beans, 1 cup fresh peas, 1/4 cup hummus or bean dip			
Nuts and Seeds: 1/4 cup nuts or seeds, 2 TBS nut or seed butter			
Whole Grains: 1/2 cup hot cereal (oatmeal), cooked grains, pasta or corn kernels, 1 cup cold cereal, 1 slice bread or tortilla, 1/2 bagel, 3 cups popped corn			
Ground Flax Seeds: 1 TBS			
Mushrooms: 1 cup fresh, 1/4 cup dried			
Spices			
Meat: 2-3 ounces			
Processed Meat/Deli Meat: 2 slices of bacon, 1.5-2 ounces of deli meat			
Poultry: 2-3 ounces			
Fish: 2-3 ounces			
Dairy: 1 cup milk or yogurt, 1.5-2 ounces cheese			
Eggs: 1 egg			
Processed Snack Foods			
Fried Foods			
Meal Replacement products (shakes, bars, etc)			
Foods with artificial sweeteners			
Unsweetened beverages (water, tea, coffee): 12 ounces			
Sweetened beverages (soda, sweet tea, energy drinks, etc): 12 ounces			
Alcoholic beverages: wine (5 ounces), beer (12 ounces), spirits (1.5 ounces)			

