

Home Food Inventory

Date: ____/____/____

Look in areas in your home where your household stores food, including the refrigerator, freezer, pantries, cupboards, and other storage areas (list follows in that order). Please check “yes” or “no” to each of the food product/item/category below. Check “yes” to a food product/item/category if it is present anywhere in your home (opened or unopened) as you are completing this form. Check “no” to a food product/item/category if it is not present anywhere in your home as you are completing this form.

Lower fat products will be labeled as “reduced-fat,” “low-fat,” “light,” “nonfat,” or “skim” on product and can be interchangeable.

1. Cheese

Yes No

- | | | |
|----------------------------|----------------------------|--|
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | a. Shredded or block regular cheese (example: American, cheddar) |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | b. Sliced regular cheese (example: American, cheddar) |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | c. Shredded or block of reduced-fat cheese (example: low fat cheddar) |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | d. Sliced reduced-fat cheese (example: low fat cheddar, low fat swiss) |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | e. String cheese |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | f. Mozzarella cheese |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | g. Regular ricotta or cottage cheese (minimum of 4% fat) |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | h. Reduced –fat ricotta or cottage cheese (2% or low fat on label) |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | i. Regular cream cheese |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | j. Reduced-fat cream cheese or neufchatel |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | k. Cheez Whiz, Velveeta, canned cheese or other similar cheese |

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2. Milk/Dairy (see the “other beverage” section for non-dairy beverages)

Yes **No**

- | | | |
|----------------------------|----------------------------|---|
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | a. Skim milk |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | b. 1% or 2% low fat milk |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | c. Whole milk |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | d. Half and half, whipping cream or heavy cream |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | e. Sour cream or sour cream/cheese dips |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | f. Reduced-fat sour cream or low fat sour cream/cheese dips |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | g. Chocolate or flavored milk |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | h. Reduced-fat yogurt (with or without fruit) |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | i. Regular yogurt (made from whole milk, with or without fruit) |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | j. Reduced-fat yogurt drinks |

3. Butter, Margarine and Oils

Yes **No**

- | | | |
|----------------------------|----------------------------|--|
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | a. Regular butter |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | b. Light butter |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | c. Regular margarine or butter substitute |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | d. Light margarine or butter substitute |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | e. Olive oil |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | f. Vegetable oil (example: canola oil, corn oil) |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | g. Seed oil (example: sunflower oil, sesame oil) |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | h. Lard or shortening |

4. Salad Dressing

Yes **No**

- | | | |
|----------------------------|----------------------------|---|
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | a. Regular dressing (e.g., blue cheese dressing, Caesar, ranch) |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | b. Light/reduced fat dressing (example: light blue cheese, light Italian) |

5. Condiments

Yes **No**

- | | | |
|----------------------------|----------------------------|--|
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | a. Regular mayonnaise |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | b. Light/reduced fat mayonnaise |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | c. Miracle Whip or other sandwich spread |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | d. Mustard or ketchup |

6. **How many other types of condiments (e.g., BBQ sauce, horseradish sauce, tartar sauce, steak sauce) do you estimate you have in your home? (*mark only one response*)**

- 0 ☐ None
1 ☐ 1-5
2 ☐ 6-10
3 ☐ More than 10

Note, please mark whether each vegetable present is fresh, canned or frozen (*mark all that apply*). For example, if you have both fresh and canned asparagus in your home, you would check “yes” to asparagus and check in both the fresh and canned columns.

7. Vegetables

| Yes | No | | <u>Fresh</u> | <u>Can/Jar</u> | <u>Frozen</u> |
|----------------------------|----------------------------|--|----------------------------|----------------------------|----------------------------|
| | | | (mark all that apply) | | |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | a. Asparagus | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | b. Beets | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | c. Bell peppers (e.g. green, red) | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | d. Broccoli | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | e. Cabbage | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | f. Cauliflower | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | g. Carrots | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | h. Celery | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | i. Corn | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | j. Cucumbers | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | k. Green beans | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | l. Lettuce (example: romaine, endive) | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | m. Mushrooms | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | n. Peas | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | o. Potatoes | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | p. Spinach/other greens (collard) | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | q. Squash (example: butternut, zucchini) | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | r. Sweet Potatoes | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | s. Tomatoes | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | t. Mixed vegetables | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |

Go to next page.

Note, please check whether each fruit present is fresh, canned, frozen, or dried (mark all that apply). For example, if you have both fresh and frozen blueberries in your home, you would check “yes” to blueberries and check in both the fresh and frozen columns.

8. Fruit

| Yes | No | | <u>Fresh</u> | <u>Can/Jar</u> | <u>Frozen</u> | <u>Dried</u> |
|----------------------------|----------------------------|---------------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| | | | (mark all that apply) | | | |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | a. Apples | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | b. Apple sauce | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | c. Apricots | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | d. Avocado | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | e. Bananas | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | f. Blueberries | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | g. Cranberries | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | h. Dates | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | i. Grapes (red or green) | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | j. Grapefruit | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | k. Kiwi | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | l. Lemons or limes | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | m. Mango | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | n. Melons (example: watermelon) | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | o. Mixed fruit/fruit cocktail | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | p. Nectarines | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | q. Oranges | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | r. Pears | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | s. Peaches | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | t. Pineapple | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | u. Plums | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | v. Prunes | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | w. Raisins | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | x. Raspberries | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | y. Strawberries | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | z. Tangerines/clementines | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |

Go to next page.

9. Deli, Luncheon, Sandwich Meat and Sausage

Yes No

- | | | |
|----------------------------|----------------------------|--|
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | a. Sliced turkey or chicken deli meat |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | b. Sliced ham, roast beef |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | c. Bologna |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | d. Salami, summer sausage, pepperoni |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | e. Bacon, breakfast sausage |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | f. Hot dogs, bratwurst, polish sausage |

10. Meats and Other Protein (Fresh, frozen, canned or jar)

Yes No

- | | | |
|----------------------------|----------------------------|---|
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | a. Chicken/turkey (example: burgers, breasts, whole) |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | b. Beef, pork, lamb (example: burgers, steaks, roasts, chops) |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | c. Tofu, seitan, tempe, textured vegetable protein (TVP) |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | d. Veggie burgers |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | e. Fish (e.g., canned, packet, fresh or frozen tuna, salmon, cod) |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | f. Shellfish (example: shrimp, scallops, crab) |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | g. Lentils |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | h. Beans (example: black beans, pinto beans, kidney beans) |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | i. Peanut butter or other nut butter |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | j. Eggs |

11. Frozen Desserts (Ice cream/yogurt type only)

Yes No

- | | | |
|----------------------------|----------------------------|---|
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | a. Regular ice cream (any flavor) |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | b. Reduced-fat ice cream (any flavor) |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | c. Frozen yogurt (any flavor) |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | d. Frozen treats made with ice cream or pudding |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | e. Frozen treats made with ice milk, frozen yogurt, sherbet, sorbet |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | f. Frozen fruit juice bars |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | g. Frozen soy or rice desserts |

12. Microwavable or Quick-Cook Frozen Foods

Yes No

- | | | |
|----------------------------|----------------------------|---|
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | a. Pizza (any variety) |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | b. Hot Pockets (any flavor) |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | c. Pizza rolls or bagel snacks (any flavor) |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | d. Burritos or other Mexican snacks |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | e. Chicken nuggets |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | f. French fries or tater tots |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | g. Egg rolls |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | i. Ramen noodles |

Note, please check whether each bread present is fresh or frozen (mark all that apply). For example, if you have both fresh and frozen whole wheat rolls in your home, you would check “yes” to whole wheat bread or rolls and check in both the fresh and frozen columns.

13. Bread

| | | | | <u>Fresh</u> | <u>Frozen</u> |
|----------------------------|----------------------------|--|--|----------------------------|----------------------------|
| Yes | No | | | (Mark all that apply) | |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | a. <u>Wheat</u> bread or rolls | | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | b. White bread/rolls (example: baguette) | | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | c. English muffins (wheat) | | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | d. English muffins (white) | | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | e. Bagels (wheat) | | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | f. Bagels (white, any flavor) | | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | g. Tortillas (wheat, sprout) | | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | h. Tortillas (flour, any flavors) | | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | i. Tortillas (corn) | | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | j. Pita bread (wheat, sprout) | | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | k. Pita bread (white, any flavor) | | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | l. Croissants | | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |

Note, please check whether each prepared dessert type present is homemade or store-bought (mark all that apply). For example, if you have both homemade and store-bought chocolate chip cookies in your home, you would check “yes” to regular cookies and check in both the store-bought and homemade columns.

14. Prepared Desserts (do not count boxed mixes that are not prepared)

| | | | | <u>Storebought</u> | <u>Homemade</u> |
|----------------------------|----------------------------|---|--|----------------------------|----------------------------|
| Yes | No | | | (Mark all that apply) | |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | a. Regular cookies (any flavor/variety) | | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | b. Reduced-fat cookies (any flavor/variety) | | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | c. Regular cake/cupcakes (any flavor) | | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | d. Reduced-fat cake/cupcakes (any flavor) | | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | e. Regular muffins (any flavor/variety) | | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | f. Brownies/bars (any variety) | | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | g. Other snack cakes (any variety) | | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | h. Pastry, sweet rolls, donuts | | 1 <input type="checkbox"/> | 1 <input type="checkbox"/> |

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15. Chips, Crackers and Other Snack Foods

Yes No

- | | | |
|----------------------------|----------------------------|---|
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | a. Whole grain snack crackers (labeled “whole grain” or “whole wheat”, example: Triscuit) |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | b. Regular snack crackers (example: Saltines, Wheat Thins) |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | c. Reduced-fat snack crackers (example: Reduced fat Wheat Thins) |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | d. Regular potato chips |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | e. Reduced-fat potato chips (example: Baked Lays) |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | f. Corn chips (example: Fritos) |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | g. Tortilla chips |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | h. Reduced-fat tortilla chips (example: baked tortilla chips) |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | i. Cheese curls or puffs |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | j. Reduced-fat cheese curls or puffs (example: baked Cheetos) |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | k. Regular bagel chips |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | l. Reduced-fat bagel chips |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | m. Graham crackers |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | n. Pretzels, any shape |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | o. Popcorn (microwave bags or bags of prepared popcorn) |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | p. Peanuts, cashews or other nuts |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | q. Regular granola bars, sports bars |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | r. Reduced-fat granola bars, sports bars |

16. Are any of the chips, crackers or other snacks checked above in prepackaged snack size or single size portions (*do not count granola, sports bars, meal supplement bars*)?

- 1 ☐ Yes
0 ☐ No

Dry Breakfast Cereal

17. How many ready-to-eat cereals do you have that are labeled “whole grain”, “whole wheat” or have at least 3 grams of fiber per serving? (*Check one response*)

- 0 ☐ None
1 ☐ One
2 ☐ Two or three
3 ☐ Four or more

18. How many ready-to-eat cereals indicate on the nutrition label that they have less than 6 grams of sugar per serving? (*Check one response*)

- 0 ☐ None
1 ☐ One
2 ☐ Two or three
3 ☐ Four or more

19. How many ready-to-eat cereals indicate on the nutrition label that they have 6 or more grams of sugar per serving? (*Check one response*)

- 0 ☐ None
1 ☐ One
2 ☐ Two or three
3 ☐ Four or more

20. Beverages (*do not include alcoholic beverages*)

Yes No

- | | | |
|----------------------------|----------------------------|---|
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | a. Regular soda pop (any variety, flavor) |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | b. Diet soda pop (any variety, flavor) |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | c. Prepared iced teas or lemonade (e.g., Snapple) |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | d. Prepared light iced teas or lemonade (example: diet Snapple) |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | e. Sports drinks (example: Gatorade) |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | f. 100% fruit juice (labeled as 100% juice) |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | g. Fruit drinks (example: <100% juice, Capri Sun) |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | h. Bottled water (unsweetened, any variety, flavor) |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | i. Soy milk, rice milk (any variety, flavor) |

21. Candy

Yes No

- | | | |
|----------------------------|----------------------------|---|
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | a. Chocolate candy (any variety, except chocolate exclusively for baking) |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | b. Hard candy |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | c. Gummies |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | d. Fruit rollups, fruit snacks or other fruit based candy |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | e. Chewy candy (example: Skittles, caramel) |

22. Now please look around your kitchen (countertop, top of refrigerator, table) and indicate which of the following items are visible and readily accessible.

Yes No

- | | | |
|----------------------------|----------------------------|---|
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | a. Fresh fruit |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | b. Canned or dried fruit |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | c. Fresh vegetables |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | d. Regular snack crackers, pretzels, chips, popcorn |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | e. Reduced-fat snack crackers, pretzels, chips, popcorn |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | f. Dry cereal |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | g. Bread or rolls |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | h. Regular soda pop |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | i. Diet soda pop |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | j. Candy |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | k. Regular cookies, cake, cupcakes, muffins |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | l. Reduced-fat cookies, cake, cupcakes, muffins |

23. Now please open your refrigerator. Which of the following items can you see without moving items around?

| Yes | No | |
|----------------------------|----------------------------|---|
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | a. Skim milk (any flavor) |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | b. 1% or 2% low fat milk (any flavor) |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | c. Whole milk (any flavor) |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | d. 100 % fruit juice (any flavor) |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | e. Fruit drinks/sports drinks (not 100% juice) |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | f. Regular soda pop |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | g. Diet soda pop |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | h. Bottled/contained water |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | i. Regular cheese (example: American, cheddar, Swiss, parmesan) |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | j. Reduced-fat cheese (example: low fat cheddar, low fat Swiss) |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | k. Reduced-fat yogurt (with or without fruit) |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | l. Regular yogurt (made from whole milk, with or without fruit) |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | m. Reduced-fat yogurt drinks |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | n. Fresh ready-to-eat vegetables |
| 1 <input type="checkbox"/> | 0 <input type="checkbox"/> | o. Fresh ready-to-eat fruit |