Date: _____ Study ID# _____ Visit #_____

Physical Activity, Fruits, Vegetables, Nuts

Did you do any physical activity in **the last month**? _____

How many times per week did you do each activity? And for how long? *(ex. Walk 2days/week; 30 min)*

On Average, how many servings do you have of each of the following items **per week**: *(ex. fish twice per week)*

Fish or shellfish (Including canned tuna in water): _____ Large Average Small
(Note: average serving size is 4 ounces or ½ can)

Fruits (fresh or dried): _____ Large Average Small
(Note: average serving size is 1 whole piece or 1 cup cut-up fruit)

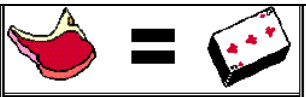
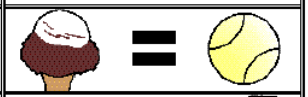
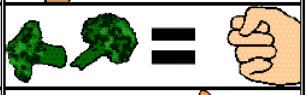
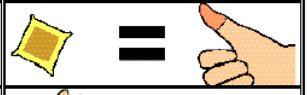
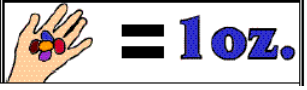
Fruit Juice: _____ Large Average Small
(Note: average serving size is ½ cup or 4 ounces)

Vegetable Salads or raw vegetables: _____ Large Average Small
(Note: average serving size is 1 cup)

Cooked vegetables (fresh, frozen or canned): _____ Large Average Small
(Note: average serving size is ½ cup)

Nuts or nut butters (like peanut butter): _____ Large Average Small
(Note: average serving size is 2 Tbsp)

SAMPLE SERVING SIZES

1	3 ounces of meat is about the size and thickness of a deck of playing cards or an audiotape cassette.	
2	A medium apple or peach is about the size of a tennis ball.	
3	1 ounce of cheese is about the size of 4 stacked dice.	
4	1/2 cup of ice cream is about the size of a racquetball or tennis ball.	
5	1 cup of mashed potatoes or broccoli is about the size of your fist.	
6	1 teaspoon of butter or peanut butter is about the size of the tip of your thumb.	
7	1 ounce of nuts or small candies equals one handful.	

Date: _____ Study ID# _____ Visit #_____

Meal (breakfast, snack, lunch, dinner)	**Meal Location (home, restaurant, etc)**	**Name of Food Item or Beverage:** ***ONE FOOD ITEM PER LINE*** ***PROVIDE AS MUCH DETAIL AS POSSIBLE***	**Amount consumed (tsp, Tbs, cups)**

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