

EDITOR'S NOTE: This dietary history was designed for a Shanghai population. It may have to be modified for other populations.

E. DIETARY HISTORY

First of all, I want to know your usual dietary habits after you grew up. If there has been any change in your dietary habits recently, please give your habits before the change.

E1. Five years ago, did you have meals regularly?

- Regularly1
- Sometimes, not regularly2
- Usually, not regularly3
- Unknown8

E2. Five years ago, what was your usual speed of eating (Please read the following)

- Fast1
- Normal2
- Slow3
- Unknown8

E3. Five years ago, the food you ate was usually (Please read the following)

- Very salty1
- Salty2
- Not very salty3
- Not salty4
- Unclear8

E4. Five years ago, the soup, tea or gruel that you drank was usually (Please read the following)

- Very hot1
- Hot2
- Lukewarm3
- Cold.....4
- Not clear8

E5. Now I want to know how often you would eat some specially processed foods five years ago. Did you often, sometimes, occasionally, or never eat the following foods?

	Never	Occasionally	Sometimes	Often	Unknown	
a. Fried food	1	2	3	4	8	<input type="checkbox"/>
b. Smoked food	1	2	3	4	8	<input type="checkbox"/>
c. Cured food	1	2	3	4	8	<input type="checkbox"/>
d. Grilled food	1	2	3	4	8	<input type="checkbox"/>

E6. Five years ago, the meat you ate was usually (Please read the following)

- Very well done1
- Well done2
- Normal3
- Rare4
- Never ate meat5
- Unclear8

E7. Five years ago, how many times did you usually eat the following foods each (day, week, month, or year)?

Foods	Day (1)	Week (2)	Month (3)	Year (4)	Never (5)	
1. Sausages						<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
2. Salted dried mustard greens						<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
3. Salted vegetables						<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
4. Hot pickled mustard stems						<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
5. Fermented bean-curd						<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
6. Salted eggs (duck)						<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
7. Preserved limed duck eggs						<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
8. Salted pork						<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
9. Salted fish						<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Now I want to ask you about the following foods you ate five years ago. How many times did you eat the following each day, week, month, or year and how much each time? (Please answer as precisely as possible. If you cannot remember exactly, give the closest answer. Some of the foods would be on the market only in certain seasons; please tell me how frequently and how much you ate when it was in the season.)

E8. Meat, fish and other protein	Day	Week	Month	Year	Never	E9. Quantity		
	(1)	(2)	(3)	(4)	(5)	Code	liang/meal	Code
1. Pork chops						□□□□		□□□□
2. Pork spareribs						□□□□		□□□□
3. Pork feet						□□□□		□□□□
4. Fresh pork (fat)						□□□□		□□□□
5. Fresh pork (lean)						□□□□		□□□□
6. Fresh pork (lean and fat)						□□□□		□□□□
7. Pork liver						□□□□		□□□□
8. Organ meats						□□□□		□□□□
9. Beef and mutton						□□□□		□□□□
10. Chicken						□□□□		□□□□
11. Duck						□□□□		□□□□
12. Fresh poultry eggs						□□□□		□□□□
13. Salt water fish (hairtail, yellow croaker)						□□□□		□□□□
14. Fresh water fish (silver carp, golden carp etc.)						□□□□		□□□□
15. Eel						□□□□		□□□□
16. Shrimp, crab, and spiral shell, shellfish						□□□□		□□□□
17. Fresh milk						□□□□		□□□□
18. Powdered milk						□□□□		□□□□
19. Ice cream						□□□□		□□□□
20. Soy-bean milk						□□□□		□□□□
21. Fried bean curd						□□□□		□□□□

E8. Meat, fish and other protein (continued)	Day	Week	Month	Year	Never	E9. Quantity		
	(1)	(2)	(3)	(4)	(5)	Code	liang/meal	Code
22. Bean curd not fried						_ _ _		_ _ _
23. Other bean products						_ _ _		_ _ _
24. Mung beans						_ _ _		_ _ _
25. Soy beans, red beans						_ _ _		_ _ _
26. Other dried beans						_ _ _		_ _ _
27. Peanuts						_ _ _		_ _ _
28. Gluten wheat						_ _ _		_ _ _

E10. Staple foods	Day	Week	Month	Year	Never	E11. Quantity		
	(1)	(2)	(3)	(4)	(5)	Code	liang/meal	Code
1. Rice						_ _ _		_ _ _
2. Noodle						_ _ _		_ _ _
3. Steamed bread						_ _ _		_ _ _

E12. Sweet foods	Day	Week	Month	Year	Never	E13. Quantity		
	(1)	(2)	(3)	(4)	(5)	Code	liang/meal	Code
1. Pastry						_ _ _		_ _ _
2. Bread						_ _ _		_ _ _
3. Candy and preserved fruits						_ _ _		_ _ _

E14. Vegetables & other foods	Day	Week	Month	Year	Never	E15. Quantity		
	(1)	(2)	(3)	(4)	(5)	Code	liang/meal	Code
1. Shanghai bokchoy greens						□□□□		□□□□
2. Spinach						□□□□		□□□□
3. Cabbage						□□□□		□□□□
4. Chinese cabbage						□□□□		□□□□
5. Cauliflower						□□□□		□□□□
6. Celery						□□□□		□□□□
7. Bean sprouts						□□□□		□□□□
8. Eggplant						□□□□		□□□□
9. Wild rice stems						□□□□		□□□□
10. Pea pods						□□□□		□□□□
11. Green peas						□□□□		□□□□
12. Green beans						□□□□		□□□□
13. Green broad beans						□□□□		□□□□
14. Celtuce (celery lettuce)						□□□□		□□□□
15. Potatoes						□□□□		□□□□
16. White gourds (Wintermelon)						□□□□		□□□□
17. Cucumbers						□□□□		□□□□
18. Carrots						□□□□		□□□□
19. Dried mushrooms						□□□□		□□□□
20. Fresh mushrooms						□□□□		□□□□
21. Red and green peppers						□□□□		□□□□
22. Tomatoes						□□□□		□□□□
23. Bamboo shoots						□□□□		□□□□

E14. Vegetables & other foods (continued)	Day	Week	Month	Year	Never	E15. Quantity		
	(1)	(2)	(3)	(4)	(5)	Code	liang/meal	Code
24. Lotus roots						□□□□		□□□□
25. Luffas or sponge gourds						□□□□		□□□□
26. Garlic						□□□□		□□□□
27. Onions						□□□□		□□□□
28. Chinese chives						□□□□		□□□□
29. Spring onions						□□□□		□□□□
30. Corn						□□□□		□□□□
31. Garlic stalks						□□□□		□□□□
32. Ginger						□□□□		□□□□
33. Kelp, seaweed						□□□□		□□□□

E16. Fruits	Day	Week	Month	Year	Never	E17. Quantity		
	(1)	(2)	(3)	(4)	(5)	Code	liang/meal	Code
1. Apples						□□□□		□□□□
2. Pears						□□□□		□□□□
3. Oranges, tangerines						□□□□		□□□□
4. Bananas						□□□□		□□□□
5. Grapes						□□□□		□□□□

E18. Five years ago, how much of the following foods did your family consume on average in a month?

- 1. rapeseed oil _____ liang each month |_|_|_|
- 2. soybean oil _____ liang each month |_|_|_|
- 3. lard _____ liang each month |_|_|_|
- 4. salt _____ liang each month |_|_|_|
- 5. sugar (brown and white) _____ liang each month |_|_|_|

E19. Five years ago, how many people in your family were living together (including yourself)? |_|_|

_____ people

E20. Five years ago, did you use a refrigerator to store food? |_|

- Yes1
- No2

E21. How old were you when you first regularly used a refrigerator to store food? |_|_|

_____ years old

E22. When you were a child, did your home use a refrigerator to store food? |_|

- Yes1
- No2