



Data Collection Worksheet

Please Note: The Data Collection Worksheet (DCW) is a tool to aid integration of a PhenX protocol into a study. The PhenX DCW is not designed to be a data collection instrument. Investigators will need to decide the best way to collect data for the PhenX protocol in their study. Variables captured in the DCW, along with variable names and unique PhenX variable identifiers, are included in the PhenX Data Dictionary (DD) files.

Instructions

Think about your usual eating habits over the past month. If you mark "Never or less than 1 time per month" for a question, follow the "Go to" instruction. Choose the best answer for each question by checking the box next to that answer.

1. How often do you drink **100% orange juice**? Do not count fruit drinks like Tang® and Sunny D®.

1 Never or less than 1 time per month (**GO TO QUESTION 2**)

2 1 time per month

3 2-3 times per month

4 1-2 times per week

5 3-4 times per week

6 5-6 times per week

7 1 time per day

8 2 or more times per day

1a. Each time you drink **orange juice**, how much do you usually drink?

1 Less than 1 cup

2 1 cup (8 ounces)

3 More than 1 cup

1b. How often is the orange juice you drink **calcium fortified**?

1 Almost never or never

2 Sometimes

3 Almost always or always

4 Don't know

2. How often do you drink **milk** as a beverage (NOT in cereal)?

1 Never or less than 1 time per month (**GO TO QUESTION 3**)

2 1 time per month

3 2-3 times per month

4 1-2 times per week

5 3-4 times per week

6 5-6 times per week

7 1 time per day

8 2 times per day

9 3 or more times per day

2a. Each time you drink **milk**, how much do you usually drink?

1 Less than 1 cup

2 1 cup (8 ounces) (**SEE PICTURE BELOW**)

3 More than 1 cup



8 ounce glass of milk

2b. What kind of **milk** do you usually drink?

1 Whole milk

2 2% fat milk

3 1% fat milk

4 Skim or nonfat milk

5 Chocolate milk

6 Soy or rice milk

7 Don't know

3. How often do you eat **yogurt**?

1 Never or less than 1 time per month (**GO TO QUESTION 4**)

2 1 time per month

3 2-3 times per month

4 1-2 times per week

5 3-4 times per week

6 5-6 times per week

7 1 or more times per day

4. How often do you eat **cold cereal**?

1 Never or less than one time per month (**GO TO QUESTION 5**)

2 1 time per month

3 2-3 times per month

4 1-2 times per week

5 3-4 times per week

6 5-6 times per week

7 1 time per day

8 2 or more times per day

4a. Each time you eat **cold cereal**, how much do you usually eat?

1 Less than 2 cups

2 2 cups (SEE THE PICTURE BELOW)

3 More than 2 cups



Two cups of cold cereal

5. How often do you eat **Mexican foods** such as tacos, tostados, burritos, tamales, fajitas, enchiladas, quesadillas, or chimichangas?

1 Never or less than 1 time per month (GO TO QUESTION 6)

2 1 time per month

3 2-3 times per month

4 1-2 times per week

5 3-4 times per week

6 5-6 times per week

7 1 or more times per day

5a. Each time you eat **Mexican foods**, how much do you usually eat?

1 Less than 1 taco or burrito

2 1 taco or burrito

3 More than 1 taco or burrito

6. How often do you eat **pizza**?

1 Never or less than 1 time per month (**GO TO QUESTION 7**)

2 1 time per month

3 2-3 times per month

4 1-2 times per week

5 3-4 times per week

6 5-6 times per week

7 1 or more times per day

6a. Each time you eat **pizza**, how much do you usually eat?

1 1 slice

2 2 slices or one mini pizza

3 3 or more slices

7. How often do you eat **macaroni and cheese**?

1 Never or less than 1 time per month (**GO TO QUESTION 8**)

2 1 time per month

3 2-3 times per month

4 1-2 times per week

5 3-4 times per week

6 5-6 times per week

7 1 or more times per day

7a. Each time you eat **macaroni and cheese**, how much do you usually eat?

1 Less than 1 cup

2 1 cup (**SEE THE PICTURE BELOW**)

3 More than 1 cup



One cup of macaroni and cheese

8. How often do you eat **ice cream, ice cream bars, milkshakes, or frozen yogurt?**

1 Never or less than 1 time per month (**GO TO QUESTION 9**)

2 1 time per month

3 2-3 times per month

4 1-2 times per week

5 3-4 times per week

6 5-6 times per week

7 1 or more times per day

8a. Each time you eat **ice cream, ice cream bars, milkshakes, or frozen yogurt,** how much do you usually eat?

1 Less than 1 cup

2 1 cup (2 scoops)

3 More than 1 cup

9. How often do you eat **cheese** (including on salads or in sandwiches or subs)?

1 Never or less than 1 time per month (**GO TO QUESTION 10**)

2 1 time per month

3 2-3 times per month

4 1-2 times per week

5 3-4 times per week

6 5-6 times per week

7 1 or more times per day

9a. Each time you eat **cheese**, how much do you usually eat?

1 Less than 1 slice

2 1 slice

3 More than 1 slice

10. How often do you eat **bread, toast or dinner rolls**, including bread as part of a sandwich (DO NOT count buns with hamburgers or hot dogs)?

1 Never or less than 1 time per month (**GO TO END**)

2 1 time per month

3 2-3 times per month

4 1-2 times per week

5 3-4 times per week

6 5-6 times per week

7 1 time per day

8 2 or more times per day

10a. Each time you eat **bread, toast or dinner rolls**, how much do you usually eat?

1 1 slice or 1 dinner roll

2 2 slices or 2 dinner rolls

3 More than 2 slices or 2 dinner rolls

Tang® is a registered trademark, Kraft Foods Inc.; Sunny D® is a registered trademark, Sunny Delight Beverages Co.

Scoring Procedures

Scoring procedures, including a table of calcium values for individual food items, can be found in the [Additional Information for Nutrition and Dietary Supplements Measures](#) on the PhenX Portal.

Protocol source: <https://www.phenxtoolkit.org/protocols/view/50201>