

Block Dietary Data Systems

FILE CONTENTS, YOURNAME.ASC

resulting from analysis of Blue Block98 (paper-and-pencil) FFQ

Output Version 03 (pik98noc.sas) -- Variables are separated by spaces

1	ID	10-digit ID #
2	Booknum	Booklet number
3	DateComp	Date questionnaire was completed
4	Sex	1=Male 2=Female
5	Age	2-digit
6	Weight	lbs
7	Height	inches
8	Language	Language usually spoken at home 1=English 2=Spanish 3=Something else 4=English & something else equally
9-14	Hispanic/Latino Black/African American Amer.Indian, Alaska Nat White, not Hispanic Asian Native Hawaiian, Pac Isl.	Ethnic group Six 0-1 variables, permitting respondents to designate themselves as multi-racial
15	Pregnant	1=No, not pregnant 2=Yes, pregnant 3=Not female
16	SmokeNow	Do you smoke cigarettes now 1=No 2=Yes
17	AmtSmoke	On average, how many cigarettes a day now 1=1-5 Cigarettes 2=6-14 3=15-24 4=25-34 5=35+

- 18 Health **Is your health...**
1=Excellent
2=Very Good
3=Good
4=Fair
5=Poor
- 19 WtLossDt **How many times gone on diet to lose weight**
1=Never
2=1-2 times
3=3-5 times
4=6-8 times
5=9-11 times
6=12+ times
- 20 WellDone **How do you like your meat cooked**
1=Rare
2=Medium
3=Well Done
- 21 Television **Hours of television**
1=None
2=1-6 hours/week
3=1 hour/day
4=2 hours/day
5=3 hours/day
6=3+ hours/day
- 22 Picture **Used pictures to choose serving size on questionnaire**
1=Yes
2=No
3=Didn't have any pictures
- 23 Drnkmre **Ever drank more beer, wine or liquor than now**
1=yes
2=No
- 24 Tookvits **Vitamins regularly past year?**
1=No
2=Yes
- 25 YrsMult **Years took multivitamins**
1=Less than 1 year
2=1 Year
3=2 Years
4=3-4 Years
5=5-9 Years
6=10+ Years
- 26 Yrs Stress **Years took StressTabs**

1=Less than 1 year
2=1 Year
3=2 Years
4=3-4 Years
5=5-9 Years
6=10+ Years

- | | | |
|----|----------|---|
| 27 | YrsAO | Years took antioxidant vitamin combination
Like Var. 26 |
| 28 | YrsVitA | Years took vitamin A
Like Var. 26 |
| 29 | YrsBeta | Years took beta-carotene
Like Var. 26 |
| 30 | YrsVitC | Years took vitamin C
Like Var. 26 |
| 31 | YrsVitE | Years took vitamin E
Like Var. 26 |
| 32 | YrsFol | Years took folate
Like Var. 26 |
| 33 | YrsCalci | Years took calcium
Like Var. 26 |
| 34 | YrsIron | Years took iron
Like Var. 26 |
| 35 | YrsZinc | Years took zinc
Like Var. 26 |
| 36 | YrsSele | Years took selenium
Like Var. 26 |

Daily Nutrients from FOOD

- | | | |
|----|--------------|--------|
| 37 | CALORIES | (Kcal) |
| 38 | PROTEIN | (g) |
| 39 | TOTAL FAT | (g) |
| 40 | CARBOHYDRATE | (g) |
| 41 | CALCIUM | (mg) |
| 42 | PHOSPHORUS | (mg) |
| 43 | IRON | (mg) |
| 44 | SODIUM | (mg) |
| 45 | POTASSIUM | (mg) |
| 46 | VITAMIN A | (IU) |
| 47 | VITAMIN A | (RE) |
| 48 | THIAMIN (B1) | (mg) |

49	RIBOFLAVIN (B2)	(mg)
50	NIACIN	(mg)
51	VITAMIN C	(mg)
52	SATURATED FAT	(g)
53	MONOUNSATURATED FAT	(g)
54	POLYUNSATURATED FAT	(g)
55	CHOLESTEROL	(mg)
56	FIBER	Total dietary fiber (g)
57	FOLATE	(mcg)
58	VITAMIN E	a-TE
59	ZINC	(mg)
60	ANIMAL ZINC	Zinc from animal sources (mg)
61	VITAMIN B6	(mg)
62	MAGNESIUM	(mg)
63	ALPHA-CAROTENE	(ug)
64	BETA-CAROTENE	(ug)
65	CRYPTOXANTHIN	(carotenoid) (ug)
66	LUTEIN	(carotenoid) (ug)
67	LYCOPENE	(carotenoid) (ug)
68	RETINOL	(preformed Vit. A, ug)
69	"CAROTENE"	Provitamin A carotenoids (ug)
70	GENISTEIN	Genistein (ug)
71	DAIDZEIN	Daidzein (ug)
72	VITAMIN D	Vitamin D (IU)

73 GRAMSF Grams of solid food (g) PER WEEK

Percents of Calories

74	PCTFAT	% of Kcal from fat
75	PCTPROT	% of Kcal from protein
76	PCTCARB	% of Kcal from carbohydrate
77	PCTSWEET	% of Kcal from sweets, desserts
78	PCTALch	% of Kcal from alcoholic beverages

Percents of Calories, calories from alcoholic beverages excluded from denominator

79	BA_PFAT	% fat cals, alcoholic beverages excluded from denominator
80	BA_PPROT	% prot cals, " " " " " "
81	BA_PCARB	% carb cals, " " " " " "

Fiber from different sources

82	FIBBEAN	Dietary fiber from beans (g)
83	FIBVEGFR	Dietary fiber from vegetables & fruits (g)
84	FIBGRAIN	Dietary fiber from grains (g)

Nutrients from vitamin supplements

85	SUP_VITA	Average daily Vit A from supplements (IU)
86	SUP_VITC	" " Vit C " " (mg)
87	SUP_VITD	" " Vit D " " (IU)
88	SUP_VITE	" " Vit E " " (a-TE)
89	SUP_IRON	" " IRON " " (mg)
90	SUP_CALC	" " CALCIUM " " (mg)
91	SUP_ZINC	" " ZINC " " (mg)
92	SUP_Beta	" " beta-car " " (ug)
93	SUP_B1	" " B1 " " (mg)
94	SUP_B6	" " B6 " " (mg)
95	SUP_B12	" " B12 " " (ug)
96	SUP_FOL	" " FOLATE " " (mcg)
97	SUP_COP	" " COPPER " " (mg)
98	SUP_SE	" " SELENIUM " " (mcg)
99	SUP_RIBO	" " B2 " " (mg)
100	SUP_MG	" " MAGNESIUM " " (mg)
101	SUP_NIAC	" " NIACIN " " (mg)

Food Group Servings

(Pyramid definitions of food categories, and approximate serving size definitions)

102	VEGSRV	Daily servings of vegetables
103	FRUITSRV	Daily frequency of fruits & fruit juices
104	GRAINSRV	Daily servings of breads, cereals, rice, pasta
105	MEATSRV	Daily servings of meat, fish, poultry, beans, eggs
106	DAIRYSRV	Daily servings of milk, yogurt, cheese
107	FATSRV	Daily frequency of fats & oils, sweets, sodas

Responses to Global or Summary Questions

108	GLOBVEG	Reported servings of vegs, excl. salad or potatoes 1=Less than 1/wk 2=1-2/wk 3=3-4/wk 4=5-6/wk 5=1/day 6=1.5/day 7=2/day 8=3/day 9=4+/day
109	GLOBFRT	Reported servings of fruit, excl.juice Like var. 108
110	GLOB CER	Reported servings of cold cereal Like var. 108.
111-120		Use of non-vitamin supplements Ginkgo Ginseng StJohn's Wort Ten 0-1 variables. '1' indicates use at least once a month.

KavaKava
Echinacea
Melatonin
DHEA
Glucosamine/Chon
Other botanicals
None of the above

Outlier Flags: Outlier on calories for respondent's age and sex
L=Outlier low, M=Not outlier, H=Outlier High

121 OUTLBFOR Before portion size adjustments
122 OUTLAFTR Final outlier status, after portion size adjustments

Error Flags

123 N_SKIP Number of food items skipped
124 N_NOSERV Number of food items with serving size omitted
125 N_FDSDAY Number of solid foods consumed per day
126 PCT_SMAL Percent of foods marked as "small portion"
127 PCT_MEDS Percent of foods marked as "medium portion"
128 PCT_LARG Percent of foods marked as "large portion"
129 PCT_XLS Percent of foods marked as "extra large portion"
130 N_ONCES Number of foods marked as "once per" any unit
131 PCT_COL1 Percent of foods marked as "never or less than 1/month"
132 PCT_COL9 Percent of foods marked as "twice per day"
133 N_HIGHS Number of foods with "too high" frequency
134 N_HIGRUP Number of food groups with "too high" total frequency
135 FIXYN Was a "fix" applied to this record
136 N_FIXES How many items were "fixed"
137 N_WARNNS How many "warnings" were applied (See Edit Report)
138 N_ERRORS How many "serious errors" were applied (See Edit Report)