

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		Ethnic group Six 0-1 variables, permitting respondents to designate themselves as multi-racial
	Hispanic/Latino	
	Black/African American	
	Amer.Indian, Alaska Nat	
	White, not Hispanic	
	Asian	
	Native Hawaiian, Pac Isl.	
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 veggies, 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	GLOBCER	Reported servings of cold cereal Like var. 108.
111-120	Ginkgo Ginseng StJohn's Wort	Use of non-vitamin supplements 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_WARNS	How many "warnings" were applied (See Edit Report)
138 N_ERRORS	How many "serious errors" were applied (See Edit Report)