



National Household Food Acquisition and Purchase Survey (FoodAPS)

Codebook: Meals and Snacks form data – Public Use File faps_meals_puf

The OMB clearance number for FoodAPS is 0536-0068. The data were collected by the U.S. Department of Agriculture under authority of U.S.C, Title 7, Section 2026 (a)(1).

Information about the entire data collection, including instructions on how to request access to the data, may be found at <http://www.ers.usda.gov/foodaps>.

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1. Introduction

This codebook provides details on the data collected by the Meals and Snacks Form in the National Household Food Acquisition and Purchase Survey (FoodAPS) public use file (PUF). Users should first read the *User's Guide to Survey Design, Data Collection, and Overview of Datasets* for information about the survey design and sample, survey instruments and data collection, and analytic notes. This codebook provides a brief overview of how the meals and snacks data were collected and how these data were processed for inclusion in this dataset.

2. Description of Data

2.1. Data Contents

The **faps_meals_puf** data file contains one record for each of the 12,947 individuals in the 4,426 households that returned a Meals and Snacks Form. Variables are grouped into 3 main types:

- Identifying variables
- Date and Day variables
- Meal and Snack variables

2.2. Summary of Data Collection

Field interviewers left the Meals and Snacks Form (see section 4.6) with the Primary Respondent (PR) after the initial interview. The form contains space to write the names of each individual in the household (on the rows) and the days of the data collection week (as column headers). Field Interviewers filled the days of the week (Mon, Tues, etc.) as column headers at the top of the Meals and Snacks Form and asked the PR to write the names of each individual (on the rows). During the week the PR was supposed to check off the types of meals and snacks that each individual consumed each day of the reporting period. The field interviewer script for the Initial Visit included the following instructions to be read to the respondent regarding this form:

“I’d like you to write the names of each member of your household on this form. WAIT WHILE RESPONDENT WRITES NAMES IN FIRST

COLUMN. On this form, check the boxes to show which meals and snacks each person ate. This is the only form where we ask what you ate. All other forms ask about what you get, not what you eat. If someone did not eat a meal, you leave that box blank. For example, if you skipped lunch on Tuesday, do not check the box for lunch on Tuesday.”

The Meals and Snacks Form was collected at the end of the Final Interview.

2.3. Summary of Data Processing

After the survey materials were returned to the survey operations center, the Meals and Snacks Form was edit-checked by data entry operators prior to key entry. The edit-check identified blank days (nothing checked) to distinguish missing data (nothing checked for a person on a day) from meals that were “not checked” because no meal was eaten. Once edited, each form was entered into a customized data entry system with the household identifier. The person names on the Meals and Snacks Form were matched with person names from the Initial Interview roster to assign person numbers so that the data could be linked with other data files.

The intention of asking PRs to write individual’s names on the form was to engage the respondent in the study materials. Unfortunately, this resulted in names that were often spelled differently in CAPI¹ (by field interviewers) and on the meals form (by PRs). Person names written on the Meals and Snacks Form were matched with CAPI data, within HHNUM, by sequentially applying different matching algorithms. This match was complicated by missing names on the Meals and Snacks Form. NAME_FLAG tracks whether and which names were missing on the form:

- NAME_FLAG =0 when individual’s name was not missing on the form
- NAME_FLAG =1 when individual’s name was not on Meals and Snacks form, but there is only one person in the household

¹ “CAPI” stands for Computer-Assisted Personal Interviewing.

- NAME_FLAG =2 when all individual names were missing on the form and multiple individuals participated in the study (matching problem for all individuals in the household)
- NAME_FLAG =3 when individual names were written on the form, but this individual's name was missing on the form (matching problem for this individual only).

The matching algorithm used for each **faps_meals_puf** record is identified by

MATCH_FLAG:

- MATCH_FLAG =0 when the name on the form and in CAPI were an exact match
- MATCH_FLAG =1 when the name on the form and in CAPI were a close match (e.g., due to different spellings or nicknames)
- MATCH_FLAG =2 when the match between the form and CAPI was a default match because the household size equals one
- MATCH_FLAG =3 when the name on the form and in CAPI were matched based on a manual review
- MATCH_FLAG =4 when the name on the form and in CAPI were matched by assuming that the order of persons on the meals form (ORDER) matched the order of persons listed for the CAPI household roster (PNUM)
- MATCH_FLAG =5 when the name in CAPI was not on the meals form.

In some cases, the days of the week had not been entered in the column headers at the top of the Meals and Snacks Form. To fill missing data in DAY1-DAY7, days of the week were assigned to these variables based on start date, and the record was flagged with DAYS_FLAG.

The meals dataset contains 1,302 individual records without any meals or snacks reported. This occurs for one of two reasons: (1) the individual was not listed on the form, or (2) the individual was listed on the form, but no meals or snacks were checked off for that member on any days. These individuals were flagged by using '-933' values

in all Meals variables to indicate the entire form was blank for that individual. The variable NODATA_FLAG indicates how the individual was reported on the form:

- NODATA_FLAG =0 if the individual was listed with reported meals or snacks
- NODATA_FLAG =1 if the individual was listed on the form with no reported meals or snacks
- NODATA_FLAG =2 if the individual was not listed on the form.

The '.' value identifies when no meals were reported for a given day for the individual, but other days had reported meals.

After data entry, some inconsistencies in missing values were discovered for 11 individuals in 7 households. These were manually recoded to be consistent with the data collection procedures. For example, if two meals on a given day had been selected (value =1 for the meal indicator), but the remainder of the meals had a missing value (.), the missing values were recoded to 0, indicating that the meal was not consumed. This occurred for nine individuals in five households. In addition, if some meals on a given day had a value of 0, but all other meals that day had a missing value (.), then the zeroes were recoded as missing also. This happened for two individuals who did have meals reported on other days.

3. List of Variables

4.1. Identifying Variables.....	7
HHNUM.....	7
PNUM.....	7
ORDER.....	8
NAME_FLAG.....	8
MATCH_FLAG.....	9
NODATA_FLAG.....	9
4.2. Date and Day Variables.....	9
STARTMON.....	9
STARTDATE_FLAG.....	10
DAY1.....	10
DAY2.....	10
DAY3.....	11
DAY4.....	11
DAY5.....	11
DAY6.....	12
DAY7.....	12
DAYS_FLAG.....	12
4.3. Meal and Snack Variables.....	13
BRKFST1.....	13
BRKFST2.....	13
BRKFST3.....	13
BRKFST4.....	13
BRKFST5.....	14
BRKFST6.....	14
BRKFST7.....	14
LUNCH1.....	14
LUNCH2.....	15
LUNCH3.....	15
LUNCH4.....	15
LUNCH5.....	15
LUNCH6.....	16
LUNCH7.....	16
DINNER1.....	16
DINNER2.....	16
DINNER3.....	17
DINNER4.....	17

DINNER5.....	17
DINNER6.....	17
DINNER7.....	18
SNACKAM1.....	18
SNACKAM2.....	18
SNACKAM3.....	18
SNACKAM4.....	19
SNACKAM5.....	19
SNACKAM6.....	19
SNACKAM7.....	19
SNACKPM1.....	20
SNACKPM2.....	20
SNACKPM3.....	20
SNACKPM4.....	20
SNACKPM5.....	21
SNACKPM6.....	21
SNACKPM7.....	21

4. Variable-by-Variable Codebook

4.1. Identifying Variables

HHNUM

Variable: HHNUM	Definition: 6-digit unique identifier for household	Type: Numeric
12,947 responses with 4,426 unique values. Individual responses not shown.		

PNUM

Variable: PNUM	Definition: Individual identifier unique within household			Type: Numeric
	Value	Count	Percent	Value description
	1	4,426	34.19	Person Number 1
	2	3,481	26.89	Person Number 2
	3	2,237	17.28	Person Number 3
	4	1,439	11.11	Person Number 4
	5	737	5.69	Person Number 5
	6	338	2.61	Person Number 6
	7	157	1.21	Person Number 7
	8	69	0.53	Person Number 8
	9	33	0.25	Person Number 9
	10	17	0.13	Person Number 10
	11	7	0.05	Person Number 11
	12	3	0.02	Person Number 12
	13	2	0.02	Person Number 13
	14	1	0.01	Person Number 14

ORDER

Variable: ORDER	Definition: Order of person on meals and snacks form				Type: Numeric
	Value	Count	Percent	Value description	
	1	4,425	34.18	Person Number 1	
	2	3,330	25.72	Person Number 2	
	3	2,060	15.91	Person Number 3	
	4	1,297	10.02	Person Number 4	
	5	643	4.97	Person Number 5	
	6	283	2.19	Person Number 6	
	7	59	0.46	Person Number 7	
	8	26	0.20	Person Number 8	
	9	13	0.10	Person Number 9	
	10	6	0.05	Person Number 10	
	11	1	0.01	Person Number 11	
	.	804	6.21	Missing but applicable	

NAME_FLAG

Variable: NAME_FLAG	Definition: Individual's name was not listed on meals and snacks form.				Type: Numeric
	Value	Count	Percent	Value description	
	0	11,033	85.22	Individual's name was listed on form	
	1	204	1.58	Individual's name not on form, but HHSIZE = 1 (no matching problem)	
	2	906	7.00	Individual's name not on form, and all individuals in HH were missing on form, HHSIZE>1 (matching problem for all individuals in HH)	
	3	804	6.21	Individual's name missing on form, but other names in HH on form (matching problem for individual)	

MATCH_FLAG

Variable: MATCH_FLAG	Definition: Type of match for individual to Initial interview			Type: Numeric
	Value	Count	Percent	Value description
	0	8,819	68.12	Match is exact
	1	97	0.75	Match is close, but not exact
	2	249	1.92	Default match, HHSIZE=1
	3	1,548	11.96	Matched manually and reviewed
	4	1,430	11.05	Matched by order and reviewed
	5	804	6.21	No match, person not on meals form

NODATA_FLAG

Variable: NODATA_FLAG	Definition: No meals and snacks reported for Individual.			Type: Numeric
	Value	Count	Percent	
	0	11,645	89.94	Individual was listed with reported meals or snacks
	1	498	3.85	Individual listed on the form, but no data reported
	2	804	6.21	Individual not listed on form

4.2. Date and Day Variables**STARTMON**

Variable: STARTMON	Definition: Month of the start date for reporting food			Type: Numeric
	Value	Count	Percent	Value description
	1	195	1.51	January
	4	188	1.45	April
	5	1,661	12.83	May
	6	1,706	13.18	June
	7	1,633	12.61	July
	8	2,257	17.43	August
	9	1,738	13.42	September
	10	2,007	15.5	October
	11	1,127	8.7	November
	12	435	3.36	December

STARTDATE_FLAG

Variable: STARTDATE_FLAG	Definition: FLAG- Start date of study week was revised to reflect actual start of food reporting.			Type: Numeric
	Value	Count	Percent	Value description
	0	12,813	98.97	
	1	134	1.03	

DAY1

Variable: DAY1	Definition: Day of week of first day of food reporting week			Type: Numeric
	Value	Count	Percent	Value description
	1	1,548	11.96	Sunday
	2	987	7.62	Monday
	3	2,242	17.32	Tuesday
	4	2,169	16.75	Wednesday
	5	2,128	16.44	Thursday
	6	2,120	16.37	Friday
	7	1,753	13.54	Saturday

DAY2

Variable: DAY2	Definition: Day of week of second day of food reporting week			Type: Numeric
	Value	Count	Percent	Value description
	1	1,753	13.54	Sunday
	2	1,548	11.96	Monday
	3	987	7.62	Tuesday
	4	2,242	17.32	Wednesday
	5	2,169	16.75	Thursday
	6	2,128	16.44	Friday
	7	2,120	16.37	Saturday

DAY3

Variable: DAY3	Definition: Day of week of third day of food reporting week			Type: Numeric
	Value	Count	Percent	Value description
	1	2,120	16.37	Sunday
	2	1,753	13.54	Monday
	3	1,548	11.96	Tuesday
	4	987	7.62	Wednesday
	5	2,242	17.32	Thursday
	6	2,169	16.75	Friday
	7	2,128	16.44	Saturday

DAY4

Variable: DAY4	Definition: Day of week of fourth day of food reporting week			Type: Numeric
	Value	Count	Percent	Value description
	1	2,128	16.44	Sunday
	2	2,120	16.37	Monday
	3	1,753	13.54	Tuesday
	4	1,548	11.96	Wednesday
	5	987	7.62	Thursday
	6	2,242	17.32	Friday
	7	2,169	16.75	Saturday

DAY5

Variable: DAY5	Definition: Day of week of fifth day of food reporting week			Type: Numeric
	Value	Count	Percent	Value description
	1	2,169	16.75	Sunday
	2	2,128	16.44	Monday
	3	2,120	16.37	Tuesday
	4	1,753	13.54	Wednesday
	5	1,548	11.96	Thursday
	6	987	7.62	Friday
	7	2,242	17.32	Saturday

DAY6

Variable: DAY6	Definition: Day of week of sixth day of food reporting week			Type: Numeric
	Value	Count	Percent	Value description
	1	2,242	17.32	Sunday
	2	2,169	16.75	Monday
	3	2,128	16.44	Tuesday
	4	2,120	16.37	Wednesday
	5	1,753	13.54	Thursday
	6	1,548	11.96	Friday
	7	987	7.62	Saturday

DAY7

Variable: DAY7	Definition: Day of week of seventh day of food reporting week			Type: Numeric
	Value	Count	Percent	Value description
	1	987	7.62	Sunday
	2	2,242	17.32	Monday
	3	2,169	16.75	Tuesday
	4	2,128	16.44	Wednesday
	5	2,120	16.37	Thursday
	6	1,753	13.54	Friday
	7	1,548	11.96	Saturday

DAYS_FLAG

Variable: DAYS_FLAG	Definition: Days of the week were originally missing and assigned based on start date for data collection week.			Type: Numeric
	Value	Count	Percent	Value description
	0	10,487	81.00	Days of the week not originally missing
	1	2,460	19.00	Days of the week assigned using start date for data collection week

4.3. Meal and Snack Variables

BRKFST1

Variable: BRKFST1	Definition: Individual ate breakfast on day 1			Type: Numeric
	Value	Count	Percent	Value description
	0	3,107	24.00	Not checked
	1	8,311	64.19	Checked
	.	227	1.75	Missing but applicable
	-933	1,302	10.06	Blank meals form

BRKFST2

Variable: BRKFST2	Definition: Individual ate breakfast on day 2			Type: Numeric
	Value	Count	Percent	Value description
	0	3,249	25.09	Not checked
	1	8,111	62.65	Checked
	.	285	2.20	Missing but applicable
	-933	1,302	10.06	Blank meals form

BRKFST3

Variable: BRKFST3	Definition: Individual ate breakfast on day 3			Type: Numeric
	Value	Count	Percent	Value description
	0	3,277	25.31	Not checked
	1	8,007	61.84	Checked
	.	361	2.79	Missing but applicable
	-933	1,302	10.06	Blank meals form

BRKFST4

Variable: BRKFST4	Definition: Individual ate breakfast on day 4			Type: Numeric
	Value	Count	Percent	Value description
	0	3,228	24.93	Not checked
	1	7,990	61.71	Checked
	.	427	3.30	Missing but applicable
	-933	1,302	10.06	Blank meals form

BRKFST5

Variable: BRKFST5	Definition: Individual ate breakfast on day 5			Type: Numeric
	Value	Count	Percent	Value description
	0	3,175	24.52	Not checked
	1	7,984	61.67	Checked
	.	486	3.75	Missing but applicable
	-933	1,302	10.06	Blank meals form

BRKFST6

Variable: BRKFST6	Definition: Individual ate breakfast on day 6			Type: Numeric
	Value	Count	Percent	Value description
	0	3,070	23.71	Not checked
	1	7,968	61.54	Checked
	.	607	4.69	Missing but applicable
	-933	1,302	10.06	Blank meals form

BRKFST7

Variable: BRKFST7	Definition: Individual ate breakfast on day 7			Type: Numeric
	Value	Count	Percent	Value description
	0	3,111	24.03	Not checked
	1	7,766	59.98	Checked
	.	768	5.93	Missing but applicable
	-933	1,302	10.06	Blank meals form

LUNCH1

Variable: LUNCH1	Definition: Individual ate lunch on day 1			Type: Numeric
	Value	Count	Percent	Value description
	0	2,390	18.46	Not checked
	1	9,028	69.73	Checked
	.	227	1.75	Missing but applicable
	-933	1,302	10.06	Blank meals form

LUNCH2

Variable: LUNCH2	Definition: Individual ate lunch on day 2.			Type: Numeric
	Value	Count	Percent	Value description
	0	2,375	18.34	Not checked
	1	8,985	69.40	Checked
	.	285	2.20	Missing but applicable
	-933	1,302	10.06	Blank meals form

LUNCH3

Variable: LUNCH3	Definition: Individual ate lunch on day 3.			Type: Numeric
	Value	Count	Percent	Value description
	0	2,334	18.03	Not checked
	1	8,950	69.13	Checked
	.	361	2.79	Missing but applicable
	-933	1,302	10.06	Blank meals form

LUNCH4

Variable: LUNCH4	Definition: Individual ate lunch on day 4.			Type: Numeric
	Value	Count	Percent	Value description
	0	2,289	17.68	Not checked
	1	8,929	68.97	Checked
	.	427	3.30	Missing but applicable
	-933	1,302	10.06	Blank meals form

LUNCH5

Variable: LUNCH5	Definition: Individual ate lunch on day 5.			Type: Numeric
	Value	Count	Percent	Value description
	0	2,305	17.80	Not checked
	1	8,854	68.39	Checked
	.	486	3.75	Missing but applicable
	-933	1,302	10.06	Blank meals form

LUNCH6

Variable: LUNCH6	Definition: Individual ate lunch on day 6.			Type: Numeric
	Value	Count	Percent	Value description
	0	2,267	17.51	Not checked
	1	8,771	67.75	Checked
	.	607	4.69	Missing but applicable
	-933	1,302	10.06	Blank meals form

LUNCH7

Variable: LUNCH7	Definition: Individual ate lunch on day 7.			Type: Numeric
	Value	Count	Percent	Value description
	0	2,202	17.01	Not checked
	1	8,675	67.00	Checked
	.	768	5.93	Missing but applicable
	-933	1,302	10.06	Blank meals form

DINNER1

Variable: DINNER1	Definition: Individual ate dinner on day 1.			Type: Numeric
	Value	Count	Percent	Value description
	0	1,212	9.36	Not checked
	1	10,206	78.83	Checked
	.	227	1.75	Missing but applicable
	-933	1,302	10.06	Blank meals form

DINNER2

Variable: DINNER2	Definition: Individual ate dinner on day 2.			Type: Numeric
	Value	Count	Percent	Value description
	0	1,411	10.90	Not checked
	1	9,949	76.84	Checked
	.	285	2.20	Missing but applicable
	-933	1,302	10.06	Blank meals form

DINNER3

Variable: DINNER3	Definition: Individual ate dinner on day 3.			Type: Numeric
	Value	Count	Percent	Value description
	0	1,189	9.18	Not checked
	1	10,095	77.97	Checked
	.	361	2.79	Missing but applicable
	-933	1,302	10.06	Blank meals form

DINNER4

Variable: DINNER4	Definition: Individual ate dinner on day 4.			Type: Numeric
	Value	Count	Percent	Value description
	0	1,166	9.01	Not checked
	1	10,052	77.64	Checked
	.	427	3.30	Missing but applicable
	-933	1,302	10.06	Blank meals form

DINNER5

Variable: DINNER5	Definition: Individual ate dinner on day 5.			Type: Numeric
	Value	Count	Percent	Value description
	0	1,167	9.01	Not checked
	1	9,992	77.18	Checked
	.	486	3.75	Missing but applicable
	-933	1,302	10.06	Blank meals form

DINNER6

Variable: DINNER6	Definition: Individual ate dinner on day 6.			Type: Numeric
	Value	Count	Percent	Value description
	0	1,097	8.47	Not checked
	1	9,941	76.78	Checked
	.	607	4.69	Missing but applicable
	-933	1,302	10.06	Blank meals form

DINNER7

Variable: DINNER7	Definition: Individual ate dinner on day 7.			Type: Numeric
	Value	Count	Percent	Value description
	0	1,280	9.89	Not checked
	1	9,597	74.13	Checked
	.	768	5.93	Missing but applicable
	-933	1,302	10.06	Blank meals form

SNACKAM1

Variable: SNACKAM1	Definition: Individual ate morning snack on day 1.			Type: Numeric
	Value	Count	Percent	Value description
	0	7,881	60.87	Not checked
	1	3,537	27.32	Checked
	.	227	1.75	Missing but applicable
	-933	1,302	10.06	Blank meals form

SNACKAM2

Variable: SNACKAM2	Definition: Individual ate morning snack on day 2.			Type: Numeric
	Value	Count	Percent	Value description
	0	8,152	62.96	Not checked
	1	3,208	24.78	Checked
	.	285	2.20	Missing but applicable
	-933	1,302	10.06	Blank meals form

SNACKAM3

Variable: SNACKAM3	Definition: Individual ate morning snack on day 3.			Type: Numeric
	Value	Count	Percent	Value description
	0	8,219	63.48	Not checked
	1	3,065	23.67	Checked
	.	361	2.79	Missing but applicable
	-933	1,302	10.06	Blank meals form

SNACKAM4

Variable: SNACKAM4	Definition: Individual ate morning snack on day 4.			Type: Numeric
	Value	Count	Percent	Value description
	0	8,243	63.67	Not checked
	1	2,975	22.98	Checked
	.	427	3.30	Missing but applicable
	-933	1,302	10.06	Blank meals form

SNACKAM5

Variable: SNACKAM5	Definition: Individual ate morning snack on day 5.			Type: Numeric
	Value	Count	Percent	Value description
	0	8,243	63.67	Not checked
	1	2,916	22.52	Checked
	.	486	3.75	Missing but applicable
	-933	1,302	10.06	Blank meals form

SNACKAM6

Variable: SNACKAM6	Definition: Individual ate morning snack on day 6.			Type: Numeric
	Value	Count	Percent	Value description
	0	8,183	63.20	Not checked
	1	2,855	22.05	Checked
	.	607	4.69	Missing but applicable
	-933	1,302	10.06	Blank meals form

SNACKAM7

Variable: SNACKAM7	Definition: Individual ate morning snack on day 7.			Type: Numeric
	Value	Count	Percent	Value description
	0	7,969	61.55	Not checked
	1	2,908	22.46	Checked
	.	768	5.93	Missing but applicable
	-933	1,302	10.06	Blank meals form

SNACKPM1

Variable: SNACKPM1	Definition: Individual ate afternoon snack on day 1.			Type: Numeric
	Value	Count	Percent	Value description
	0	6,062	46.82	Not checked
	1	5,356	41.37	Checked
	.	227	1.75	Missing but applicable
	-933	1,302	10.06	Blank meals form

SNACKPM2

Variable: SNACKPM2	Definition: Individual ate afternoon snack on day 2.			Type: Numeric
	Value	Count	Percent	Value description
	0	6,293	48.61	Not checked
	1	5,067	39.14	Checked
	.	285	2.20	Missing but applicable
	-933	1,302	10.06	Blank meals form

SNACKPM3

Variable: SNACKPM3	Definition: Individual ate afternoon snack on day 3.			Type: Numeric
	Value	Count	Percent	Value description
	0	6,382	49.29	Not checked
	1	4,902	37.86	Checked
	.	361	2.79	Missing but applicable
	-933	1,302	10.06	Blank meals form

SNACKPM4

Variable: SNACKPM4	Definition: Individual ate afternoon snack on day 4.			Type: Numeric
	Value	Count	Percent	Value description
	0	6,406	49.48	Not checked
	1	4,812	37.17	Checked
	.	427	3.30	Missing but applicable
	-933	1,302	10.06	Blank meals form

SNACKPM5

Variable: SNACKPM5	Definition: Individual ate afternoon snack on day 5.			Type: Numeric
	Value	Count	Percent	Value description
	0	6,418	49.57	Not checked
	1	4,741	36.62	Checked
	.	486	3.75	Missing but applicable
	-933	1,302	10.06	Blank meals form

SNACKPM6

Variable: SNACKPM6	Definition: Individual ate afternoon snack on day 6.			Type: Numeric
	Value	Count	Percent	Value description
	0	6,329	48.88	Not checked
	1	4,709	36.37	Checked
	.	607	4.69	Missing but applicable
	-933	1,302	10.06	Blank meals form

SNACKPM7

Variable: SNACKPM7	Definition: Individual ate afternoon snack on day 7.			Type: Numeric
	Value	Count	Percent	Value description
	0	6,314	48.77	Not checked
	1	4,563	35.24	Checked
	.	768	5.93	Missing but applicable
	-933	1,302	10.06	Blank meals form

4.6 Meals and Snacks Form

OMB Control Number: 0536-0068
Expiration Date: 03/31/2015

Meals and Snacks We Ate this Week

Check each meal and snack eaten by each person in the household

	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
	Meals	Snacks												
Person 1	<input type="checkbox"/> Breakfast	<input type="checkbox"/> AM												
	<input type="checkbox"/> Lunch	<input type="checkbox"/> PM												
	<input type="checkbox"/> Dinner	<input type="checkbox"/> Eve												
Person 2	<input type="checkbox"/> Breakfast	<input type="checkbox"/> AM												
	<input type="checkbox"/> Lunch	<input type="checkbox"/> PM												
	<input type="checkbox"/> Dinner	<input type="checkbox"/> Eve												
Person 3	<input type="checkbox"/> Breakfast	<input type="checkbox"/> AM												
	<input type="checkbox"/> Lunch	<input type="checkbox"/> PM												
	<input type="checkbox"/> Dinner	<input type="checkbox"/> Eve												
Person 4	<input type="checkbox"/> Breakfast	<input type="checkbox"/> AM												
	<input type="checkbox"/> Lunch	<input type="checkbox"/> PM												
	<input type="checkbox"/> Dinner	<input type="checkbox"/> Eve												
Person 5	<input type="checkbox"/> Breakfast	<input type="checkbox"/> AM												
	<input type="checkbox"/> Lunch	<input type="checkbox"/> PM												
	<input type="checkbox"/> Dinner	<input type="checkbox"/> Eve												
Person 6	<input type="checkbox"/> Breakfast	<input type="checkbox"/> AM												
	<input type="checkbox"/> Lunch	<input type="checkbox"/> PM												
	<input type="checkbox"/> Dinner	<input type="checkbox"/> Eve												

Breakfast, lunch, and dinner may be at any time of day, depending on your schedule.

- "AM snack" = one or more snacks between midnight and noon
- "PM snack" = one or more snacks between noon and 6pm
- "Eve snack" = one or more snacks between 6pm and midnight