



UNIVERSITY OF COSTA RICA

A Joint Project of the Central American Population Center (CCP)
and the Institute for Health Research (INISA)

CRELES

COSTA RICAN LONGEVITY AND HEALTHY AGING STUDY

Diet Questionnaire

Round 3

The information provided is completely confidential and voluntary
This is a translation of the original questionnaire used in the field in Spanish Language. Researchers should use, as far as possible, original questionnaires in Spanish language to have the exact questioning used in the study.

Name of senior:		Selection code: _ _ _ _	
Name of substitute (if applicable)		Canton and district: _ _ _ _ _	
Segment: _ _ _ _		Housing: _ _	
<p>Now we are going to talk about some food and vitamins. I would like for you to tell me if in the last 12 months you have eaten these, and, on average, how much you have eaten.</p>			
D1	Interviewer	Giovanni	3
		Jorge	4
		Marcela	6
		Maritza	7
		Randall	21
		Jimmy	22
VITAMINS			
DV1	Do you take multivitamins?	Yes	1
		No	2 → DVv1
		DK/NR	9 → DVv1
DV2	How many pills or tablespoons do you take per week?	2 or less	1
		3-5	2
		6-9	3
		10 or more	4
		DK/NR	9
<p>Speaking specifically of some vitamins, please indicate what is the daily dose you take for each.</p>			
DVv1	Vitamin A	Does not take	0
		Less than 80000 IU	1
		8000-12000 IU	2
		13000-22000 IU	3
		23000 or more IU	4
		DK/NR	9
DVv2	Vitamin C	Does not take	0
		Less than 400 mg	1
		400-700 mg	2
		750-1250 mg	3
		1300 or more mg	4
		DK/NR	9
DVv3	Vitamin B6	Does not take	0
		Less than 10 mg	1
		10-39 mg	2
		40-79 mg	3
		80 or more mg	4
		DK/NR	9

DVv4	Vitamin E	Does not take	0
		Less than 100 IU	1
		100-250 IU	2
		300-500 IU	3
		600 or more IU	4
		DK/NR	9
DVv5	Calcium	Does not take	0
		Less than 400 mg	1
		400-900 mg	2
		901-1300 mg	3
		1301 or more mg	4
		DK/NR	9
DVv6	Iron	Does not take	0
		Less than 51 mg	1
		51-200 mg	2
		201-400 mg	3
		401 or more mg	4
		DK/NR	9
DVv7	Fish oil	Does not take	0
		Less than 2500mg	1
		2500-4999 mg	2
		5000-9999 mg	3
		10000 or more mg	4
		DK/NR	9
OTHER SUPPLEMENTS			
	Which of the following supplements do you take?	Supplement	Yes
		DVs1. Vitamin B complex	No
		DVs2. Cod liver oil	DK/NR
		DVs3. Folic acid	
		DVs4. Vitamin D	
		DVs5. Sustagen / Sustamento	
D2	How many teaspoons of sugar do you add to your drinks or meals on a daily basis? Do not include sugar added to natural fresh fruit juices (<i>al fresco</i>).	Teaspoons	<input type="text"/> <input type="text"/> <input type="text"/>
DN1	Do you use any kind of sugar substitute such as <i>Splenda, cristalosa, nosucar</i> , etc?	Yes	1
		No	2
		DK/NR	9
DN2	How many cups of coffee do you drink per day?	Cups	<input type="text"/> <input type="text"/> <input type="text"/> If yes 0 do not ask DN3
DN3	How many teaspoons of sugar do you add to your coffee?	Teaspoons	<input type="text"/> <input type="text"/> <input type="text"/>
In the last 12 months, how often did you drink or eat, ON AVERAGE, the food that I am going to mention to you?			
	DAIRY	Other portion	% porti on
			Never or < 1 time per mont
			1-3 mo nth
			1 per wee k
			2-4 per week
			5-6 per week
			1 p er d a
			2-3 per da y
			4- 5 pe r da
			6+ per day

				h					y		y	
DLa1	Milk (1 glass of 8 oz)			1	2	3	4	5	6	7	8	9
DLa3	Cream (1 tablespoon)			1	2	3	4	5	6	7	8	9
DLa5	Fresh white cheese (1 slice or 1 oz)			1	2	3	4	5	6	7	8	9
DLa7	Processed white or Bellow cheese alone, with bread or <i>tortilla</i> or as part of a dish (1 slice)			1	2	3	4	5	6	7	8	9
DLa9	Margarine with bread or with meals (1 tablespoon)			1	2	3	4	5	6	7	8	9
DLa11	Form of margarine	Bar Cup Liquid Does not eat	1 2 3 4→DLb1									
DLa12	Type of margarine	Regular Light Smooth	1 2 3									
DLa13	Brand of margarine Ex: <i>Numar, Siempre suave</i>	<i>Clover Brand</i> <i>Sabemas</i> <i>Corona</i> <i>Numar</i> Other: _____	1 2 3 4									
	FRUIT	Other portion	% portion	Never or < 1 time per month	1-3 month	1 per week	2-4 per week	5-6 per week	1 per day	2-3 per day	4-5 per day	6+ per day
DLb1	Bananas (1)			1	2	3	4	5	6	7	8	9
DLb3	Avocados (1/2)			1	2	3	4	5	6	7	8	9
DLb5	Mangos (1)			1	2	3	4	5	6	7	8	9
DLb1N	Papaya (1 slice)			1	2	3	4	5	6	7	8	9
DLb7	Oranges (1)			1	2	3	4	5	6	7	8	9
	VEGETABLES											
DLb9	Red or Black beans. (1/3 cup)			1	2	3	4	5	6	7	8	9
DLb2N	Tomato (3 slices)			1	2	3	4	5	6	7	8	9
DLb3N	Lettuce (1 portion)			1	2	3	4	5	6	7	8	9
DLb4N	Cabbage (1/2 cup)			1	2	3	4	5	6	7	8	9
DLb5N	Spinach, mustard leaves, or another type of green leaves in stew or cooked (1/2 cup)			1	2	3	4	5	6	7	8	9
DLb6N	Raw carrot, cooked or in juice (1/2 cup)			1	2	3	4	5	6	7	8	9
DLb7N	Chayote, zapallito, butternut pumpkin (1/2 cup)			1	2	3	4	5	6	7	8	9
	EGGS-MEAT											
DLc1	Eggs (1)			1	2	3	4	5	6	7	8	9
DLc3	Chicken with skin (4-6 oz. 1 portion)			1	2	3	4	5	6	7	8	9
DLc5	Meatballs (1)			1	2	3	4	5	6	7	8	9
DLc7	Beef as the main dish (Ex: steak or <i>mano de piedra</i> (4-6 oz).			1	2	3	4	5	6	7	8	9

DLc9	Fish (<i>scallops</i> , sea bass, other) (3-5 oz)			1	2	3	4	5	6	7	8	9
	BREADS, CEREALS, FLOURS	Other portion	% portion	Never or < 1 time per month	1-3 months	1 per week	2-4 per week	5-6 per week	1 per day	2-3 per day	4-5 per day	6+ per day
DLd1	White bread (Baguettes or rolls) (1 portion)			1	2	3	4	5	6	7	8	9
DLd3	Potato, plantain chios or corn chips.a (1 bag 1 oz.)			1	2	3	4	5	6	7	8	9
DLd5	White rice (2/3 cup)			1	2	3	4	5	6	7	8	9
	DRINKS											
DLe1	Coca-cola or Pepsi (1 glass)			1	2	3	4	5	6	7	8	9
DLe3	Fresh fruit drinks (lemonade, berry, pineapple, etc) (1 glass, 8 oz)			1	2	3	4	5	6	7	8	9
DLe5	Beer (1 glass, bottle or can)			1	2	3	4	5	6	7	8	9
DLe7	Rum, <i>guaro</i> , Whisky, Gin, Vodka (1 drink)			1	2	3	4	5	6	7	8	9
	SWEETS, CONFECTIONS, VARIOUS											
DLf1	Cookies (1 pack of 4 units)			1	2	3	4	5	6	7	8	9
DLf3	Confections (baked goods, cupcakes, <i>pastries</i>) (1 unit)			1	2	3	4	5	6	7	8	9
DLf5	Mayonnaise (1 tablespoon)			1	2	3	4	5	6	7	8	9
DLf7	Olive oil with bread or salad (1 tablespoon)			1	2	3	4	5	6	7	8	9
D3	What brand and type of fat do you most often use to cook?			Oil Shortening Other Does not use 1 → Oil 2 → lard 3 → D8 4 → D8								
	Oil			Shortening								
	D4a. Brand	D5a. Type	D6a. Brand	D7a. Type								
	Clover Brand 1	Soy 1	Clover Brand 1	Soy 1								
	Sabemas 2	Vegetable 2	Sabemas 2	Palm 2								
	Corona 3	Corn 3	Corona 3	Other: _____								
	Capullo 4	Sunflower 4	Other: _____									
	Girol 5	Other: _____										
	Mazola 6											
	Crisol 7											
	Numar 8											
	Other: _____											
D8	How often do you eat fried foods prepared outside of your home?	< 1 time per week 1 1-3 times per week 2 4-6 times per week 3 1 time per day 4										

		2-3 times per day	5
		4 times per day	6
		Does not eat	7
		End time	_ _ _ : _ _ _