



Dietary Questionnaire - Instructions

The purpose of this questionnaire (Block Brief 2000 FFQ) is to capture information about your dietary habits that are important for the stool sample analysis. It is estimated that completing the questionnaire will take 15-20 minutes.

- **Be sure to use a No. 2 pencil to answer the questions.** The questionnaire is scanned by a machine, and any answers in ink will not be analyzed properly.
- **Completely fill in the bubbles** by pencil for each answer. No checkmarks or “X”.
- Refer to the portion size pictures to answer questions about “How much” was eaten.
- Do not skip any questions. If you “never” eat a particular food, fill in “Never” in which case you do not need to answer related questions of “how much”.
- **Do not fold the questionnaire**, make stray marks or staple anything to it. These may interfere with the scanning process.
- When completed, place in the pre-addressed (to “University of Michigan”), metered manila envelope to return by US Mail.

If you have any questions, you can contact Kelly Rysso (SPIROMICS study coordinator at the University of Michigan) at 734-763-6139.