

Artificial Sweetener (Non-nutritive Sweetener) Intake Questionnaire

Instructions:

In the past month, please indicate your response for each food or beverage item by marking an "X" in the box for "how often" and "how much each time".

1. Indicate how often you consumed the following items. For example, if you drank diet soda 5 times per week, mark 4-6 times per week.

2. Indicate the approximate amount of each item you consumed each time.

For example, if you drank 1 cup of diet soda each time, mark 1 cup under "how much each time".

3. Count packets of artificial sweeteners added to foods/beverages at the top of page 2 in the artificial sweetener packet category.

4. Please complete **both** the front and back of the questionnaire.

Participant ID: _____

Date: _____

| Beverages | | HOW OFTEN (MARK ONE) | | | | | | | HOW MUCH EACH TIME (MARK ONE) | | | | |
|---------------------------|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| | | Never or <1x/week | 1x/ week | 2-3x/ week | 4-6x/ week | 1x/day | 2x/day | 3x/day | <6 fl oz/ ¾ cup | 8 fl oz/ 1 cup | 12 fl oz/ 1½ cups | 16 fl oz/ 2 cups | >20 fl oz/ 2½ cups |
| Flavored Water | Gatorade G2, Propel Zero | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Sugar-Free sparkling or carbonated water | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Diet Tonic water | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | VitaZest, Fruit2O, Sugar-Free flavored water | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Juice or Flavored Drink | Light Tang, Crystal light (packets for water bottle), Sugar-Free Kool-Aid (dry mix), Country Time Light Lemonade (dry mix), | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Ocean Spray Lightstyle Juice, Orchard Light Cranberry Juice, Tropicana Twister Light , Diet Snapple | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Ocean Spray Light or light cranberry juice | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Diet Soda Pop/ Soft Drink | Shasta, Rite Pure Zero, Coke with Splenda, Diet 7UP | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Diet Pepsi: Wild Cherry, Vanilla, Lime, or Max | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Diet Coke: Vanilla, Lime, or Cherry, Coke Zero | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Fresca, FantaZero, Tropicana Twister Light , Diet Sunkist Orange, Sprite Zero, Pibb Zero, Diet Mountain Dew Code Red, Diet Mello Yello, Diet Cherry 7UP, Diet Barq's Root Beer, Diet A&W Root Beer | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Diet Mountain Dew, Pepsi Next | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Zevia soda | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Diet Sunkist fruit flavors (other than orange), Diet Sundrop, Diet Schweppes Ginger Ale, Diet Pepsi Twist/regular/cafeine free, Diet Mug, Diet Mr. Pibb, Diet Dr. Pepper, Diet Crush, Diet Canada Dry Ginger Ale, Diet A&W Cream Soda | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Diet Tea | Diet Bottled Lipton Tea, Crystal Light Instant | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Crystal Light decaffeinated, Diet Nestea | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Diet Lipton Instant Iced Tea Mix | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Chocolate Drink | Sugar-Free Nestle Nesquik or Sugar-Free Swiss Miss | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Coffee | Frappuccino Light , ready to drink | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Energy Drink | Sugar-Free Versions : Sobe, No Fear, AMP, Rockstar, Monster, Venom Majave | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Sugar-Free Red Bull | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Protein Drink | Carnation Instant Breakfast No Sugar Added , Slim-fast Easy Digest, Slim-fast Optima | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Slim-fast Meal Low Carb | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Please continue to the next page to complete this questionnaire.

Please circle each item you consumed.

Artificial Sweetener (Non-nutritive Sweetener) Intake Questionnaire

| Artificial Sweetener Packets | HOW OFTEN (MARK ONE) | | | | | | | HOW MUCH EACH TIME (MARK ONE) | | | | |
|--|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-------------------------------|-----------------------|-------------------------|-------------------------|--------------------------|
| | Never or <1x/week | 1x/ week | 2-3x/ week | 4-6x/ week | 1x/day | 2x/day | 3x/day | <1/2 packet | 1 packet | 1 1/2 packets | 2 packets | 3+ packets |
| Sweet 'N Low Powder or Sugar Twin (Saccharin) - Pink Packets | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Equal or NutraSweet The Original (Aspartame) - Blue Packets | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Splenda (Sucralose) - Yellow Packets | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Sweet One (Acesulfame Potassium) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Truvia (Stevia) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Stevia In The Raw Packets (Stevia) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Yogurt and Ice Cream | Never or <1x/week | 1x/ week | 2-3x/ week | 4-6x/ week | 1x/day | 2x/day | 3x/day | <4 oz/ 1/2 cup | 8 oz/ 1 cup | 12 oz/ 1 1/2 cups | 16 oz/ 2 cups | >20 oz/ 2 1/2 cups |
| Breyers Light Yogurt | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Yoplait Light Thick & Creamy | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Blue Bunny Light Yogurt | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Dannon Light & Fit or Activia Light Yogurt | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Yoplait Light Fat Free Yogurt | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Light Ice Creams: Edy's, Dreyer's, Blue Bell, Baskin-Robbins, Popsicle | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Blue Bunny Light Ice Cream | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Sugar-Free Creamsicle or Dreamsicle | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Cookies and Bars | Never or <1x/week | 1x/ week | 2-3x/ week | 4-6x/ week | 1x/day | 2x/day | 3x/day | <1 cookie or bar | 1 cookie or bar | 2 cookies or bars | 3 cookies or bars | 4+ cookies or bars |
| Sugar-Free Versions: Pillsbury, Nabisco, Murray Cookies, Slim-fast Snack/M meal Bar | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Sugar-Free Versions: Quaker Chewy, Power Bar, Snackwell, Tastykake Sensables, Pepperidge Farm Milano, Slim-fast Meal Bar (Chocolate Peanut Caramel) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Candy | Never or <1x/week | 1x/ week | 2-3x/ week | 4-6x/ week | 1x/day | 2x/day | 3x/day | <1 piece | 1 piece | 2 pieces | 3 pieces | 4+ pieces |
| Sugar-Free Chewing gum | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Sugar-Free Versions: Twizzler, Jolly Rancher, Fifty 50, Sweet 'N Low Fruit Splash, Werther's | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Sugar-Free Chocolate (Crystal Light Candy, DeMet's, Dove, Fifty 50, York Peppermint Patty), Sugar-Free Gum drops, Gummy worms/bears | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Jello and Pudding | Never or <1x/week | 1x/ week | 2-3x/ week | 4-6x/ week | 1x/day | 2x/day | 3x/day | 1/2 cup | 1 cup | 1 1/2 cups | 2 cups | 2 1/2+ cups |
| Sugar-Free or Reduced-Calorie Jell-O Pudding (cooked or instant) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Sugar-Free or Reduced-Calorie Jell-O Pudding Cup, Hunt's Snack Pack Pudding Cup (ready to eat) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Sugar-Free or Reduced-Calorie Jell-O Gelatin (prepared from dry mix) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Sugar-Free or Reduced-Calorie Jell-O Gelatin Cup (ready to eat) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Sugar-Free or Reduced-Calorie Hunt's Snack Pack Gelatin Cup (ready to eat) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Jelly | Never or <1x/week | 1x/ week | 2-3x/ week | 4-6x/ week | 1x/day | 2x/day | 3x/day | 1 tsp | 2 tsps | 1 tbsp | 2 tsps | 3+ tsps |
| Sugar-Free Jelly with sucralose (Smucker's Sugar-Free with Splenda, Great Value Sugar-Free Preserves) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Sugar-Free Jelly with stevia or Truvia (Smucker's Sugar-Free with Truvia) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Coffee Creamer | Never or <1x/week | 1x/ week | 2-3x/ week | 4-6x/ week | 1x/day | 2x/day | 3x/day | 1 tsp | 2 tsps | 1 tbsp | 2 tsps | 3+ tsps |
| Sugar-Free Flavored Creamer (powder or liquid), Sugar-Free CoffeeMate or International Delight | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Other Products with Artificial Sweeteners: | Never or <1x/week | 1x/ week | 2-3x/ week | 4-6x/ week | 1x/day | 2x/day | 3x/day | 1/2 serving | 1 serving | 1 1/2 serving | 2 serving | 3 servings |
| Other (List): | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |