SOYMILK 1 cup or 8 ounces	PLAIN	FLAVORED	HOMEMADE
1 cup or 8 ounces	Select ▼ Select	Select ▼	Select ▼
	Never or rarely 1-3 per month		
OTHER MILK	Once a week	RICE MILK	
1 cup or 8 ounces	2-4 per week	Select ▼	
•	5-6 per week	00.00	
	Once a day 2-3 per day		
JUICES	4+ per day JIT JUICE	FRUIT DRINKS	
1 cup or 8 ounces	Select ▼	Select ▼	
Toup of Countries	Select	Select	
SMOOTHIES/SHAKES	WITH MILK	WITH SOYMILK/SOY PROTEIN	N WITH WHEY PROTEIN
1 cup or 8 ounces	Select ▼		
	001001	POWDER	POWDER
Smoothies and shakes that	contain fruits, fruit juice	Select ▼	Select ▼
concentrates, chocolate and	d/or milk, soymilk, soy protein		
powder, or whey protein po	wder, and ice. Examples are Orange		
	arbucks, McDonald's. Include		
homemade shakes and sm	oothies		
			BLENDED WITH SOYMILK
COFFEE	BLACK	BLENDED WITH DAIRY	BLENDED WITH SOYMILK
COFFEE 1 cup or 8 ounces	BLACK Select ▼	BLENDED WITH DAIRY Select ▼	Select Select
1 cup or 8 ounces	Select ▼	Select. ▼	Select ▼
1 cup or 8 ounces	Select ▼ REGULAR	Select ▼	Select ▼ NON-FAT
1 cup or 8 ounces	Select ▼	Select. ▼	Select ▼
IILK cup or 8 ounces	Select ▼ REGULAR Select ▼	Select ▼ LOW-FAT Select ▼	NON-FAT Select
1 cup or 8 ounces IILK cup or 8 ounces	Select ▼ REGULAR	Select ▼ LOW-FAT Select ▼	Select ▼
IILK cup or 8 ounces OYMILK	Select ▼ REGULAR Select ▼	LOW-FAT Select ▼ FLAVORED	NON-FAT Select HOMEMADE
1 cup or 8 ounces IILK cup or 8 ounces OYMILK	REGULAR Select PLAIN	LOW-FAT Select ▼ FLAVORED Select. Store-bought flavored soym	NON-FAT Select HOMEMADE ilk—vanilla, chocolate, or
1 cup or 8 ounces IILK cup or 8 ounces COYMILK cup or 8 ounces	REGULAR Select PLAIN	LOW-FAT Select FLAVORED Select. Store-bought flavored soym strawberry—such as Silk So	NON-FAT Select HOMEMADE ilik—vanilla, chocolate, or by Vanilla, Silk Soy Chocolate, Ed
IILK cup or 8 ounces OYMILK cup or 8 ounces	REGULAR Select PLAIN	LOW-FAT Select ▼ FLAVORED Select. Store-bought flavored soym	NON-FAT Select HOMEMADE ilik—vanilla, chocolate, or by Vanilla, Silk Soy Chocolate, Ed
IILK cup or 8 ounces OYMILK cup or 8 ounces THER MILK	REGULAR Select PLAIN Select Select	LOW-FAT Select FLAVORED Select Store-bought flavored soym strawberry—such as Silk Sc	NON-FAT Select HOMEMADE Ilik—vanilla, chocolate, or by Vanilla, Silk Soy Chocolate, Ed
IILK cup or 8 ounces OYMILK cup or 8 ounces OTHER MILK	REGULAR Select PLAIN Select ALMOND MILK	LOW-FAT Select FLAVORED Select Store-bought flavored soym strawberry—such as Silk Store-bought flavo	NON-FAT Select HOMEMADE Ilik—vanilla, chocolate, or by Vanilla, Silk Soy Chocolate, Ed
IILK cup or 8 ounces OYMILK cup or 8 ounces OTHER MILK cup or 8 ounces	REGULAR Select PLAIN Select ALMOND MILK	LOW-FAT Select FLAVORED Select Store-bought flavored soym strawberry—such as Silk Store-bought flavo	NON-FAT Select HOMEMADE Ilik—vanilla, chocolate, or by Vanilla, Silk Soy Chocolate, Ed
ILK cup or 8 ounces OYMILK cup or 8 ounces THER MILK cup or 8 ounces UICES	REGULAR Select PLAIN Select ALMOND MILK Select V	LOW-FAT Select FLAVORED Select Store-bought flavored soym strawberry—such as Silk Son RICE Soy Vanilla, Natura Vanilla, Select FLAVORED	NON-FAT Select HOMEMADE ilik—vanilla, chocolate, or by Vanilla, Silk Soy Chocolate, Ed
IILK cup or 8 ounces OYMILK cup or 8 ounces OTHER MILK cup or 8 ounces UICES cup or 8 ounces	REGULAR Select PLAIN Select ALMOND MILK Select 100% REAL FRUIT JUICE Select V	LOW-FAT Select FLAVORED Select Store-bought flavored soym strawberry—such as Silk Store-bought flavor	NON-FAT Select HOMEMADE IIIK—vanilla, chocolate, or by Vanilla, Silk Soy Chocolate, Ed Organic Valley vanilla, etc.
TILK Cup or 8 ounces OYMILK Cup or 8 ounces OTHER MILK Cup or 8 ounces UICES Cup or 8 ounces	REGULAR Select PLAIN Select ALMOND MILK Select 100% REAL FRUIT JUICE	LOW-FAT Select FLAVORED Select Store-bought flavored soym strawberry—such as Silk Store-bought flavor	NON-FAT Select HOMEMADE Ilik—vanilla, chocolate, or by Vanilla, Silk Soy Chocolate, Ed
	REGULAR Select PLAIN Select ALMOND MILK Select 100% REAL FRUIT JUICE Select V	LOW-FAT Select FLAVORED Select Store-bought flavored soym strawberry—such as Silk Store-bought flavored soym strawberry—such strawberry—such strawberry—such strawberry—such strawberry—such strawberry—su	NON-FAT Select HOMEMADE IIIK—vanilla, chocolate, or by Vanilla, Silk Soy Chocolate, Eco

Supplementary Figure C. Additional food information shows up when pointer hovers over the name of the food.