

SOYMILK 1 cup or 8 ounces	PLAIN Select... Select... Never or rarely 1-3 per month Once a week 2-4 per week 5-6 per week Once a day 2-3 per day 4+ per day Select...	FLAVORED Select...	HOMEMADE Select...
OTHER MILK 1 cup or 8 ounces		RICE MILK Select...	
JUICES 1 cup or 8 ounces		100% REAL FRUIT JUICE Select...	FRUIT DRINKS Select...
SMOOTHIES/SHAKES 1 cup or 8 ounces	WITH MILK Select... <div>Smoothies and shakes that contain fruits, fruit juice concentrates, chocolate and/or milk, soymilk, soy protein powder, or whey protein powder, and ice. Examples are Orange Julius, Boba Tea House, Starbucks, McDonald's. Include homemade shakes and smoothies</div>	WITH SOYMILK/SOY PROTEIN POWDER Select...	WITH WHEY PROTEIN POWDER Select...
COFFEE 1 cup or 8 ounces	BLACK Select...	BLENDED WITH DAIRY Select...	BLENDED WITH SOYMILK Select...

MILK 1 cup or 8 ounces	REGULAR Select...	LOW-FAT Select...	NON-FAT Select...
SOYMILK 1 cup or 8 ounces	PLAIN Select...	FLAVORED Select... <div>Store-bought flavored soymilk—vanilla, chocolate, or strawberry—such as Silk Soy Vanilla, Silk Soy Chocolate, Eden Soy Vanilla, Natura Vanilla, Organic Valley vanilla, etc.</div>	HOMEMADE Select...
OTHER MILK 1 cup or 8 ounces	ALMOND MILK Select...	RICE MILK Select...	
JUICES 1 cup or 8 ounces	100% REAL FRUIT JUICE Select...	FRUIT DRINKS Select...	
SMOOTHIES/SHAKES 1 cup or 8 ounces	WITH MILK Select...	WITH SOYMILK/SOY PROTEIN POWDER Select...	WITH WHEY PROTEIN POWDER Select...

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