Please give us an overall idea of what you typically eat and drink. If it is variable, please just give your best idea.

How many meals a day do you eat?_____

What do you typically eat and when do you eat your meals and snacks? Please fill out table as best you can. You may also just write down what you ate during the last 24 hours.

<table>
<thead>
<tr>
<th></th>
<th>Typical timing</th>
<th>Typically what you eat</th>
<th>Check if not applicable</th>
</tr>
</thead>
<tbody>
<tr>
<td>Typical Breakfast</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Typical Lunch</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Typical Dinner</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1st Snack</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2nd Snack</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3rd Snack</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Circle which is most appropriate : I filled out the table based on

Typical routine          What I ate in the last 24 hours          Both

What is your heaviest meal?

When is bedtime?

How many cups of coffee or tea do you drink a day?

How many cans/servings of soda do you drink a day?
Circle all that apply

Large meals: I try to avoid Bother me I never eat Don’t bother me Help me
Late night meals: I try to avoid Bother me I never eat Don’t bother me Help me
Spicy foods: I try to avoid Bother me I never eat Don’t bother me Help me
Tomato based foods: I try to avoid Bother me I never eat Don’t bother me Help me
Citrus based foods: I try to avoid Bother me I never eat Don’t bother me Help me
Chocolate: I try to avoid Bother me I never eat Don’t bother me Help me
Caffeine: I try to avoid Bother me I never eat Don’t bother me Help me
Alcohol: I try to avoid Bother me I never eat Don’t bother me Help me
Soda: I try to avoid Bother me I never eat Don’t bother me Help me
Dairy products: I try to avoid Bother me I never eat Don’t bother me Help me