

To encourage compliance and monitor dietary group adherence, participants complete the following four-questions each month during the intervention period.

Thinking about the last week (7 days) how much of the following have you eaten:

- Eggs (boiled, fried, scrambled, poached, as an omelette or egg on hamburger/sandwich)?
 no egg 1 egg 2 eggs 3 eggs 4 eggs 5 eggs 6 eggs 7 or more eggs.
- Serves of any of these egg containing foods: frittata, quiche or french toast?
 no serves 1 serve 2 serves 3 serves 4 serves 5 serves 6 serves 7 serves
 8 serves 9 serves 10 or more serves
- Peanuts (not including peanut butter)?
 no peanuts 1-10 peanuts 11-20 peanuts 21-30 peanuts 31-40 peanuts
 41-50 peanuts 51-60 peanuts 61-70 peanuts 71-80 peanuts
 more than 80 peanuts
- Peanut butter?
 no peanut butter 1 teaspoon peanut butter 2 teaspoons peanut butter
 3 teaspoons peanut butter 4 teaspoons=1 tablespoon peanut butter
 1 ½ tablespoons peanut butter 2 tablespoons of peanut butter
 3 tablespoons of peanut butter 4 tablespoons of peanut butter
 5 tablespoons peanut butter 6 tablespoons peanut butter
 more than 6 tablespoons peanut butter