

Data Set Name: *abpm.sas7bdat*

Num	Variable	Type	Len	Format	Label
1	ID_REL	Char	10	\$10.	Participant ID
2	COHORT	Num	5	4.	COHORT
3	TX	Num	5	TX2FMT.	Diet
4	SBP	Num	8	3.	ABPM SYSTOLIC BP
5	DBP	Num	8	3.	ABPM DIASTOLIC BP
6	TYPE	Char	2		READING TYPE: RI OR IV
7	READNUM	Num	8	3.	READING NUMBER: 1-N
8	HOURTIME	Num	8	8.2	TIME OF READING: 0:00-24:00
9	AWAKE	Num	8	3.	DUMMY: PARTICIPANT AWAKE

Data Set Name: *daily.sas7bdat*

Num	Variable	Type	Len	Format	Label
1	ID_REL	Char	10	\$10.	Participant ID
2	COHORT	Num	5	4.	COHORT
3	TX	Num	5	TX2FMT.	Diet
4	WEEK	Num	8		week of study (1-11)
5	DAY	Num	8		day of week (1-7)
6	ATTEND	Num	8		attendance score
7	COMPSC	Num	8	COMP2FT.	compliance score (no dev vs any)
8	ALC_G	Num	8		grams of alcohol consumed
9	SALT	Num	8		salt packets used
10	CAFF	Num	8		caffeinated bevs consumed
11	MENSTR	Num	8		menstruating?
12	WEIGHT	Num	8		weight
13	ENERGY	Num	8		total energy consumed
14	CALLEV	Num	8		calorie level (imputed)
15	UNITS	Num	8		unit foods eaten (imputed)
16	AVSBP	Num	8		mean of 2 SBP measurements
17	AVDBP	Num	8		mean of 2 DBP measurements

Data Set Name: *falcc.sas7bdat*

Num	Variable	Type	Len	Format	Label
1	TX	Num	5	TX2FMT.	Diet
2	SITE_REL	Char	1		Site
3	CALLEV	Num	8		CALORIE LEVEL
4	TENERG	Num	8		TARGET ENERGY (KCAL)
5	TGPROT	Num	8		TARGET PROTEIN (G)
6	TPPROT	Num	8		TARGET PROTEIN (PCT OF KCALS)
7	TGCARB	Num	8		TARGET CARBOS (G)
8	TPCARB	Num	8		TARGET CARBOS (PCT OF KCALS)
9	TGFAT	Num	8		TARGET FAT (G)
10	TPFAT	Num	8		TARGET FAT (PCT OF KCALS)
11	TGSFA	Num	8		TARGET SFA (G)
12	TPSFA	Num	8		TARGET SFA (PCT OF KCALS)
13	TGMUFA	Num	8		TARGET MUFA (G)
14	TPMUFA	Num	8		TARGET MUFA (PCT OF KCALS)
15	TGPUFA	Num	8		TARGET PUFA (G)
16	TPPUFA	Num	8		TARGET PUFA (PCT OF KCALS)
17	TPOTAS	Num	8		TARGET POTASSIUM (MG)
18	TSOD	Num	8		TARGET SODIUM (MG)
19	TCALC	Num	8		TARGET CALCIUM (MG)
20	TMAG	Num	8		TARGET MAGNESIUM (MG)
21	TCHOL	Num	8		TARGET CHOLESTEROL (MG)
22	VENERG	Num	8		VALIDATION ENERGY (KCAL)
23	VGPROT	Num	8		VALIDATION PROTEIN (G)
24	VPPROT	Num	8		VALIDATION PROTEIN (PCT OF KCALS)
25	VGCARB	Num	8		VALIDATION CARBOS (G)
26	VPCARB	Num	8		VALIDATION CARBOS (PCT OF KCALS)
27	VGFAT	Num	8		VALIDATION FAT (G)
28	VPFAT	Num	8		VALIDATION FAT (PCT OF KCALS)
29	VGSFA	Num	8		VALIDATION SFA (G)
30	VPSFA	Num	8		VALIDATION SFA (PCT OF KCALS)
31	VGMUFA	Num	8		VALIDATION MUFA (G)
32	VPMUFA	Num	8		VALIDATION MUFA (PCT OF KCALS)
33	VGPUFA	Num	8		VALIDATION PUFA (G)
34	VPPUFA	Num	8		VALIDATION PUFA (PCT OF KCALS)
35	VPOTAS	Num	8		VALIDATION POTASSIUM (MG)
36	VSOD	Num	8		VALIDATION SODIUM (MG)

Num	Variable	Type	Len	Format	Label
37	VCALC	Num	8		VALIDATION CALCIUM (MG)
38	VMAG	Num	8		VALIDATION MAGNESIUM (MG)
39	VCHOL	Num	8		VALIDATION CHOLESTEROL (MG)
40	VIRON	Num	8		VALIDATION MG IRON-MEAN

Data Set Name: ffq.sas7bdat

Num	Variable	Type	Len	Format	Label
1	ID_REL	Char	10	\$10.	Participant ID
2	COHORT	Num	5	4.	COHORT
3	TX	Num	5	TX2FMT.	Diet
4	CALC	Num	8		calcium MG
5	PHOS	Num	8		phosphorus MG
6	IRON	Num	8		iron MG
7	SODIUM	Num	8		sodium MG
8	POTASS	Num	8		potassium MG
9	VITAIU	Num	8		vitamin A IU
10	THIAMIN	Num	8		thiamin (B1) MG
11	RIBO	Num	8		riboflavin (B2) MG
12	NIACIN	Num	8		niacin MG
13	VITC	Num	8		vitamin C MG
14	CHOLEST	Num	8		cholesterol MG
15	DIETFIB	Num	8		dietary fiber
16	FOLATE	Num	8		folate MCG
17	VITE	Num	8		vitamin E a-TE
18	ZINC	Num	8		zinc MG
19	VITB6	Num	8		vitamin B6 MG
20	MAGNES	Num	8		magnesium MG
21	CAROT	Num	8		pro-A carotenes MCG
22	DGROUP1	Num	8		DASH group 1: Dairy (reg)
23	DGROUP2	Num	8		DASH group 2: Dairy (low-fat)
24	DGROUP3	Num	8		DASH group 3: Grains
25	DGROUP4	Num	8		DASH group 4: Fruits & juices
26	DGROUP5	Num	8		DASH group 5: Vegetables
27	DGROUP6	Num	8		DASH group 6: Red meats
28	DGROUP7	Num	8		DASH group 7: Poultry
29	DGROUP8	Num	8		DASH group 8: Fish
30	PCTFAT	Num	8		% of calories from fat
31	PCTPRO	Num	8		% of calories from protein
32	PCTCARB	Num	8		% of calories from carbohydrates
33	PCT_MUFA	Num	8		% of cals from MUFA
34	PCT_PUFA	Num	8		% of cals from PUFA
35	PCT_SFA	Num	8		% of cals from SFA
36	PCTSWEET	Num	8		% of cals from sweets

Num	Variable	Type	Len	Format	Label
37	PCTALC	Num	8		% of cals from alcoholic bev

Data Set Name: lab.sas7bdat

Num	Variable	Type	Len	Format	Label
1	ID_REL	Char	10	\$10.	Participant ID
2	COHORT	Num	5	4.	COHORT
3	TX	Num	5	TX2FMT.	Diet
4	TOTCHOL	Num	8		Total Cholesterol
5	HDL	Num	8		HDL
6	TOTTRI	Num	8		Total triglyceride
7	VLDL	Num	8		VLDL
8	LDL	Num	8		LDL
9	LDLHDL	Num	8		LDL/HDL Ratio
10	CHOLHDL	Num	8		Total chol/HDL Ratio
11	VISIT	Char	3		
12	CURCA	Num	8		urinary calcium (mg/24hr)
13	CURCL	Num	8		urinary chloride (mg/24hr)
14	CURCR	Num	8		urinary creatinine (mg/24hr)
15	CURK	Num	8		urinary potassium (mg/24hr)
16	CURMG	Num	8		urinary magnesium (mg/24hr)
17	CURNA	Num	8		urinary sodium (mg/24hr)
18	CURPH	Num	8		urinary phosphorus (mg/24hr)
19	CURUN	Num	8		urinary urea nitrogen (mg/24hr)
20	BGLU	Num	8		blood glucose
21	BINS	Num	8		blood insulin
22	BPTH	Num	8		blood pth
23	BREN	Num	8		blood renin
24	BVITD	Num	8		blood vitamin D
25	BCALC	Num	8		blood ionized calcium

Data Set Name: nutdiet.sas7bdat

Num	Variable	Type	Len	Format	Label
1	TX	Num	8	TX2FMT.	Diet
2	CALLEV	Num	8		DASH Calorie Level
3	ALCOHOL	Num	8	11.3	Alcohol g
4	ASH	Num	8	11.3	Ash g
5	CAFFEINE	Num	8	11.3	Caffeine mg
6	CALCIUM	Num	8	11.3	Calcium, Ca mg
7	CARBOS	Num	8	11.3	Carbohydrates g
8	CHOLESTE	Num	8	11.3	Cholesterol mg
9	COPPER	Num	8	11.3	Copper, Cu mg
10	DIETFIB	Num	8	11.3	Fiber, total dietary g
11	ENERGYKC	Num	8	11.3	energy, kcal
12	ENERGYKJ	Num	8	11.3	energy, kj
13	FAT	Num	8	11.3	Fat g
14	FOLATE	Num	8	11.3	Folate mcg
15	IRON	Num	8	11.3	Iron, Fe mg
16	MUFA	Num	8	11.3	Fatty acids, monounsaturated g
17	MAGNES	Num	8	11.3	Magnesium, Mg mg
18	MANGANES	Num	8	11.3	Manganese, Mn mg
19	NIACIN	Num	8	11.3	Niacin, nicotinic acid mg
20	PUFA	Num	8	11.3	Fatty acids, polyunsaturated g
21	PANTOTHE	Num	8	11.3	Pantothenic acid mg
22	PHOSPHOR	Num	8	11.3	Phosphorus, P mg
23	POTASSIU	Num	8	11.3	Potassium, K mg
24	PROTEIN	Num	8	11.3	Protein g
25	RIBOFLAV	Num	8	11.3	Riboflavin mg
26	SFA	Num	8	11.3	Fatty acids, saturated g
27	SODIUM	Num	8	11.3	Sodium, Na mg
28	THEOBROM	Num	8	11.3	Theobromine mg
29	THIAMIN	Num	8	11.3	Thiamin mg
30	VIT_A_IU	Num	8	11.3	vitamin a, iu
31	VIT_A_RE	Num	8	11.3	vitamin a, re
32	VIT_B_12	Num	8	11.3	Vitamin B-12 mcg
33	VIT_B_6	Num	8	11.3	Vitamin B-6 mg
34	VIT_C	Num	8	11.3	Vitamin C, ascorbic acid mg
35	VIT_E	Num	8	11.3	Vitamin E aTE
36	WATER	Num	8	11.3	Water g

Num	Variable	Type	Len	Format	Label
37	ZINC	Num	8	11.3	Zinc, Zn mg
38	PCTCARB	Num	8	11.3	Carbohydrates kcal %
39	PCTFAT	Num	8	11.3	Fat kcal %
40	PCTMUFA	Num	8	11.3	Monounsaturated Fatty Acids kcal %
41	PCTPROT	Num	8	11.3	Protein kcal %
42	PCTPUFA	Num	8	11.3	Polyunsaturated Fatty Acids kcal %
43	PCTSATF	Num	8	11.3	Saturated Fat kcal %
44	PS_RATIO	Num	8	11.3	Polyunsaturated / Saturated Fat R

Data Set Name: nutunit.sas7bdat

Num	Variable	Type	Len	Format	Label
1	TX	Num	8	TX2FMT.	Diet
2	ALCOHOL	Num	8	9.	Alcohol g
3	ASH	Num	8	9.	Ash g
4	CAFFEINE	Num	8	9.	Caffeine mg
5	CALCIUM	Num	8	9.	Calcium, Ca mg
6	CARBOS	Num	8	9.	Carbohydrates g
7	CHOLESTE	Num	8	9.	Cholesterol mg
8	COPPER	Num	8	9.	Copper, Cu mg
9	DIETFIB	Num	8	9.	Fiber, total dietary g
10	ENERGYKC	Num	8	9.	energy, kcal
11	ENERGYKJ	Num	8	9.	energy, kj
12	FAT	Num	8	9.	Fat g
13	FOLATE	Num	8	9.	Folate æg
14	IRON	Num	8	9.	Iron, Fe mg
15	MUFA	Num	8	9.	Fatty acids, monounsatu g
16	MAGNES	Num	8	9.	Magnesium, Mg mg
17	MANGANES	Num	8	9.	Manganese, Mn mg
18	NIACIN	Num	8	9.	Niacin, nicotinic acid mg
19	PUFA	Num	8	9.	Fatty acids, polyunsatu g
20	PANTOTHE	Num	8	9.	Pantothenic acid mg
21	PHOSPHOR	Num	8	9.	Phosphorus, P mg
22	POTASSIU	Num	8	9.	Potassium, K mg
23	PROTEIN	Num	8	9.	Protein g
24	RIBOFLAV	Num	8	9.	Riboflavin mg
25	SFA	Num	8	9.	Fatty acids, saturated g
26	SODIUM	Num	8	9.	Sodium, Na mg
27	THEOBROM	Num	8	9.	Theobromine mg
28	THIAMIN	Num	8	9.	Thiamin mg
29	VIT_A_IU	Num	8	9.	vitamin a, iu
30	VIT_A_RE	Num	8	9.	vitamin a, re
31	VIT_B_12	Num	8	9.	vitamin b-12, mcg
32	VIT_B_6	Num	8	9.	Vitamin B-6 mg
33	VIT_C	Num	8	9.	Vitamin C, ascorbic aci mg
34	VIT_E	Num	8	9.	Vitamin E aTE
35	WATER	Num	8	9.	Water g
36	ZINC	Num	8	9.	Zinc, Zn mg

Num	Variable	Type	Len	Format	Label
37	PCTCARB	Num	8	9.	% of Calories From Carb %
38	PCTFAT	Num	8	9.	% of Calories From Fat %
39	PCTMUFA	Num	8	9.	% of Calories From Mono %
40	PCTPROT	Num	8	9.	% of Calories From Prot %
41	PCTPUFA	Num	8	9.	% of Calories From Poly %
42	PCTSATF	Num	8	9.	% of Calories From Satu %
43	PS_RATIO	Num	8	9.	Poly Unsaturated / Satu

Data Set Name: postanon.sas7bdat

Num	Variable	Type	Len	Format	Label
1	COHORT	Num	5	4.	COHORT
2	TX	Num	5	TX2FMT.	Diet
3	Q1_BENE	Num	8	YESNOFT.	Q1: OVERALL EXPER BENEFICIAL
4	Q1_INFOR	Num	8	YESNOFT.	Q1: OVERALL EXPER INFORMATIVE
5	Q1_INTER	Num	8	YESNOFT.	Q1: OVERALL EXPER INTERESTING
6	Q1_PLEAS	Num	8	YESNOFT.	Q1: OVERALL EXPER PLEASANT
7	Q1_REGRT	Num	8	YESNOFT.	Q1: OVERALL EXPER REGRET
8	Q2	Num	8	YESNOFT.	Q2: PARTICIPATE AGAIN?
9	Q11A	Num	8	IMPORTFT.	Q11: HOW IMPORTANT NOT SHOPPING
10	Q11B	Num	8	IMPORTFT.	Q11: HOW IMPORTANT FREE FOOD
11	Q11C	Num	8	IMPORTFT.	Q11: HOW IMPORTANT ATTN DASH STAFF
12	Q11D	Num	8	IMPORTFT.	Q11: HOW IMPORTANT DAILY DIARY
13	Q11E	Num	8	IMPORTFT.	Q11: HOW IMPORTANT FREE CHOICE BEV
14	Q11F	Num	8	IMPORTFT.	Q11: HOW IMPORTANT RAFFLES/INCENTIVES
15	Q11G	Num	8	IMPORTFT.	Q11: HOW IMPORTANT FAMILY/FRIENDS
16	Q11H	Num	8	IMPORTFT.	Q11: HOW IMPORTANT LEARNING BP
17	Q11I	Num	8	IMPORTFT.	Q11: HOW IMPORTANT INFO LAB TESTS
18	Q11J	Num	8	IMPORTFT.	Q11: HOW IMPORTANT LEARNING FOOD
19	Q11K	Num	8	IMPORTFT.	Q11: HOW IMPORTANT MONETARY
20	Q11L	Num	8	IMPORTFT.	Q11: HOW IMPORTANT DISCIPLINE
21	Q12A	Num	8	PROBFT.	Q12: HOW DIFFICULT LENGTH OF STUDY
22	Q12B	Num	8	PROBFT.	Q12: HOW DIFFICULT FAMILY/FRIENDS
23	Q12C	Num	8	PROBFT.	Q12: HOW DIFFICULT SOCIAL PRESSURE
24	Q12D	Num	8	PROBFT.	Q12: HOW DIFFICULT WORK SCHEDULE
25	Q12E	Num	8	PROBFT.	Q12: HOW DIFFICULT TIME MEALS
26	Q12F	Num	8	PROBFT.	Q12: HOW DIFFICULT TIME BP MEAS
27	Q12G	Num	8	PROBFT.	Q12: HOW DIFFICULT COMMUTE/PARK
28	Q12H	Num	8	PROBFT.	Q12: HOW DIFFICULT SPECIAL OCCAS
29	Q12I	Num	8	PROBFT.	Q12: HOW DIFFICULT BLOOD SAMPLING
30	Q12J	Num	8	PROBFT.	Q12: HOW DIFFICULT URINE COLLECT
31	Q12K	Num	8	PROBFT.	Q12: HOW DIFFICULT LACK FREEDOM
32	Q12L	Num	8	PROBFT.	Q12: HOW DIFFICULT REPETITION
33	Q13A	Num	8	PROBFT.	Q13: HOW DIFFICULT TOO MUCH FOOD
34	Q13B	Num	8	PROBFT.	Q13: HOW DIFFICULT TOO LITTLE FOOD
35	Q13C	Num	8	PROBFT.	Q13: HOW DIFFICULT MUCH/LITTLE MEALS
36	Q13D	Num	8	PROBFT.	Q13: HOW DIFFICULT UNAPPETIZING

Num	Variable	Type	Len	Format	Label
37	Q13E	Num	8	PROBFT.	Q13: HOW DIFFICULT BAD TASTE
38	Q13F	Num	8	PROBFT.	Q13: HOW DIFFICULT LACK VARIETY
39	Q13G	Num	8	PROBFT.	Q13: HOW DIFFICULT NEW FOODS
40	Q13H	Num	8	PROBFT.	Q13: HOW DIFFICULT CRAVING SWEETS
41	Q14A	Num	8	PROBFT.	Q14: HOW DIFFICULT COOKING OTHERS
42	Q14B	Num	8	PROBFT.	Q14: HOW DIFFICULT SIDE EFFECTS
43	Q14C	Num	8	PROBFT.	Q14: HOW DIFFICULT DESIRE OTHER FOODS
44	Q23	Num	8	SEX2FT.	Q23: SEX
45	Q24	Num	8	AGEFT.	Q24: AGE
46	Q29	Num	8	EDUCATE.	Q29: How much formal education
47	INCOME_R	Num	8	INCOMERF.	Q27: Total Household Income
48	RACE_REL	Num	8	RACERFT.	Q30: 1=Non-Minority, 2=Minority

Data Set Name: sideeff.sas7bdat

Num	Variable	Type	Len	Format	Label
1	ID_REL	Char	10	\$10.	Participant ID
2	COHORT	Num	5	4.	COHORT
3	TX	Num	5	TX2FMT.	Diet
4	FATIGUE	Num	8	SEVERITY.	FATIGUE OR LOW ENERGY LEVEL
5	EXTHIRST	Num	8	SEVERITY.	EXCESSIVE THIRST
6	APPETITE	Num	8	SEVERITY.	POOR APPETITE
7	LITEHEAD	Num	8	SEVERITY.	LIGHTHEADEDNESS WHEN STANDING UP
8	TASTE	Num	8	SEVERITY.	CHANGE IN TASTE
9	STUFFNOS	Num	8	SEVERITY.	STUFFY NOSE
10	DRYMOUTH	Num	8	SEVERITY.	DRY MOUTH
11	ITCHYSKI	Num	8	SEVERITY.	ITCHY SKIN OR HIVES
12	WHEEZING	Num	8	SEVERITY.	WHEEZING
13	DIARRHEA	Num	8	SEVERITY.	DIARRHEA
14	CONSTIP	Num	8	SEVERITY.	CONSTIPATION
15	BLOATING	Num	8	SEVERITY.	BLOATING
16	NAUSEA	Num	8	SEVERITY.	NAUSEA OR UPSET STOMACH
17	FELT	Num	8	FELT.	OVERALL, DURING THE PAST 2 WKS, I FELT
18	VISIT	Char	3		

Data Set Name: summary.sas7bdat

Num	Variable	Type	Len	Format	Label
1	BASEWT	Num	8		BEGINNING-OF-STUDY WEIGHT (LAST 13 RI)
2	WEIGHT1	Num	8		RUNIN WEEK 1 AVERAGE WEIGHT
3	WEIGHT2	Num	8		RUNIN WEEK 2 AVERAGE WEIGHT
4	WEIGHT3	Num	8		RUNIN WEEK 3 AVERAGE WEIGHT
5	WEIGHT4	Num	8		INTERV WEEK 4 AVERAGE WEIGHT
6	WEIGHT5	Num	8		INTERV WEEK 5 AVERAGE WEIGHT
7	WEIGHT6	Num	8		INTERV WEEK 6 AVERAGE WEIGHT
8	WEIGHT7	Num	8		INTERV WEEK 7 AVERAGE WEIGHT
9	WEIGHT8	Num	8		INTERV WEEK 8 AVERAGE WEIGHT
10	WEIGHT9	Num	8		INTERV WEEK 9 AVERAGE WEIGHT
11	WEIGHT10	Num	8		INTERV WEEK 10 AVERAGE WEIGHT
12	WEIGHT11	Num	8		INTERV WEEK 11 AVERAGE WEIGHT
13	ID_REL	Char	10	\$10.	Participant ID
14	COHORT	Num	5	4.	COHORT
15	TX	Num	5	TX2FMT.	Diet
16	INCOME_R	Num	5	INCOMERF.	Total Household Income
17	RACE_REL	Num	5	RACERFT.	1=Non-Minority, 2=Minority
18	SEX	Char	1	\$1.	SEX
19	DEV	Num	8		ENTERED DEV
20	EXCREAS	Char	20	\$20.	REASON FOR EXCLUSION
21	COMPFEED	Num	8	COMPFEED.	COMPLETED INTERVENTION FEEDING?
22	RIASBP	Num	8		AVERAGE SBP DURING RUN-IN
23	RIADBP	Num	8		AVERAGE DBP DURING RUN-IN
24	SV1ASBP	Num	8		SV1 AVERAGE SBP
25	SV1ADBP	Num	8		SV1 AVERAGE DBP
26	SV2ASBP	Num	8		SV2 AVERAGE SBP
27	SV2ADBP	Num	8		SV2 AVERAGE DBP
28	SV3ASBP	Num	8		SV3 AVERAGE SBP
29	SV3ADBP	Num	8		SV3 AVERAGE DBP
30	EOS_SBP	Num	8		END-OF-STUDY SYSTOLIC BP
31	EOS_DBP	Num	8		END-OF-STUDY DIASTOLIC BP
32	BPFIX	Num	8		END OF STUDY BP CREATED PER VOLLMER
33	COMPSC1	Num	8		AVG COMPLIANCE SCORE - WEEK 1
34	CAFF1	Num	8		AVG CAFFEINE - WEEK 1
35	SALT1	Num	8		AVG SALT - WEEK 1
36	ENERGY1	Num	8		AVG ENERGY LEVEL - WEEK 1

Num	Variable	Type	Len	Format	Label
37	CALLEV1	Num	8		AVG CALORIE LEVEL - WEEK 1
38	UNIT1	Num	8		AVG UNIT FOODS - WEEK 1
39	ALC1	Num	8		AVG ALCOHOL (UNITS) - WEEK 1
40	SBP1	Num	8		AVG SBP - WEEK 1
41	DBP1	Num	8		AVG DBP - WEEK 1
42	COMPSC2	Num	8		AVG COMPLIANCE SCORE - WEEK 2
43	CAFF2	Num	8		AVG CAFFEINE - WEEK 2
44	SALT2	Num	8		AVG SALT - WEEK 2
45	ENERGY2	Num	8		AVG ENERGY LEVEL - WEEK 2
46	CALLEV2	Num	8		AVG CALORIE LEVEL - WEEK 2
47	UNIT2	Num	8		AVG UNIT FOODS - WEEK 2
48	ALC2	Num	8		AVG ALCOHOL (UNITS) - WEEK 2
49	SBP2	Num	8		AVG SBP - WEEK 2
50	DBP2	Num	8		AVG DBP - WEEK 2
51	COMPSC3	Num	8		AVG COMPLIANCE SCORE - WEEK 3
52	CAFF3	Num	8		AVG CAFFEINE - WEEK 3
53	SALT3	Num	8		AVG SALT - WEEK 3
54	ENERGY3	Num	8		AVG ENERGY LEVEL - WEEK 3
55	CALLEV3	Num	8		AVG CALORIE LEVEL - WEEK 3
56	UNIT3	Num	8		AVG UNIT FOODS - WEEK 3
57	ALC3	Num	8		AVG ALCOHOL (UNITS) - WEEK 3
58	SBP3	Num	8		AVG SBP - WEEK 3
59	DBP3	Num	8		AVG DBP - WEEK 3
60	COMPSC4	Num	8		AVG COMPLIANCE SCORE - WEEK 4
61	CAFF4	Num	8		AVG CAFFEINE - WEEK 4
62	SALT4	Num	8		AVG SALT - WEEK 4
63	ENERGY4	Num	8		AVG ENERGY LEVEL - WEEK 4
64	CALLEV4	Num	8		AVG CALORIE LEVEL - WEEK 4
65	UNIT4	Num	8		AVG UNIT FOODS - WEEK 4
66	ALC4	Num	8		AVG ALCOHOL (UNITS) - WEEK 4
67	SBP4	Num	8		AVG SBP - WEEK 4
68	DBP4	Num	8		AVG DBP - WEEK 4
69	COMPSC5	Num	8		AVG COMPLIANCE SCORE - WEEK 5
70	CAFF5	Num	8		AVG CAFFEINE - WEEK 5
71	SALT5	Num	8		AVG SALT - WEEK 5
72	ENERGY5	Num	8		AVG ENERGY LEVEL - WEEK 5
73	CALLEV5	Num	8		AVG CALORIE LEVEL - WEEK 5
74	UNIT5	Num	8		AVG UNIT FOODS - WEEK 5
75	ALC5	Num	8		AVG ALCOHOL (UNITS) - WEEK 5

Num	Variable	Type	Len	Format	Label
76	SBP5	Num	8		AVG SBP - WEEK 5
77	DBP5	Num	8		AVG DBP - WEEK 5
78	COMPSC6	Num	8		AVG COMPLIANCE SCORE - WEEK 6
79	CAFF6	Num	8		AVG CAFFEINE - WEEK 6
80	SALT6	Num	8		AVG SALT - WEEK 6
81	ENERGY6	Num	8		AVG ENERGY LEVEL - WEEK 6
82	CALLEV6	Num	8		AVG CALORIE LEVEL - WEEK 6
83	UNIT6	Num	8		AVG UNIT FOODS - WEEK 6
84	ALC6	Num	8		AVG ALCOHOL (UNITS) - WEEK 6
85	SBP6	Num	8		AVG SBP - WEEK 6
86	DBP6	Num	8		AVG DBP - WEEK 6
87	COMPSC7	Num	8		AVG COMPLIANCE SCORE - WEEK 7
88	CAFF7	Num	8		AVG CAFFEINE - WEEK 7
89	SALT7	Num	8		AVG SALT - WEEK 7
90	ENERGY7	Num	8		AVG ENERGY LEVEL - WEEK 7
91	CALLEV7	Num	8		AVG CALORIE LEVEL - WEEK 7
92	UNIT7	Num	8		AVG UNIT FOODS - WEEK 7
93	ALC7	Num	8		AVG ALCOHOL (UNITS) - WEEK 7
94	SBP7	Num	8		AVG SBP - WEEK 7
95	DBP7	Num	8		AVG DBP - WEEK 7
96	COMPSC8	Num	8		AVG COMPLIANCE SCORE - WEEK 8
97	CAFF8	Num	8		AVG CAFFEINE - WEEK 8
98	SALT8	Num	8		AVG SALT - WEEK 8
99	ENERGY8	Num	8		AVG ENERGY LEVEL - WEEK 8
100	CALLEV8	Num	8		AVG CALORIE LEVEL - WEEK 8
101	UNIT8	Num	8		AVG UNIT FOODS - WEEK 8
102	ALC8	Num	8		AVG ALCOHOL (UNITS) - WEEK 8
103	SBP8	Num	8		AVG SBP - WEEK 8
104	DBP8	Num	8		AVG DBP - WEEK 8
105	COMPSC9	Num	8		AVG COMPLIANCE SCORE - WEEK 9
106	CAFF9	Num	8		AVG CAFFEINE - WEEK 9
107	SALT9	Num	8		AVG SALT - WEEK 9
108	ENERGY9	Num	8		AVG ENERGY LEVEL - WEEK 9
109	CALLEV9	Num	8		AVG CALORIE LEVEL - WEEK 9
110	UNIT9	Num	8		AVG UNIT FOODS - WEEK 9
111	ALC9	Num	8		AVG ALCOHOL (UNITS) - WEEK 9
112	SBP9	Num	8		AVG SBP - WEEK 9
113	DBP9	Num	8		AVG DBP - WEEK 9
114	COMPSC10	Num	8		AVG COMPLIANCE SCORE - WEEK 10

Num	Variable	Type	Len	Format	Label
115	CAFF10	Num	8		AVG CAFFEINE - WEEK 10
116	SALT10	Num	8		AVG SALT - WEEK 10
117	ENERGY10	Num	8		AVG ENERGY LEVEL - WEEK 10
118	CALLEV10	Num	8		AVG CALORIE LEVEL - WEEK 10
119	UNIT10	Num	8		AVG UNIT FOODS - WEEK 10
120	ALC10	Num	8		AVG ALCOHOL (UNITS) - WEEK 10
121	SBP10	Num	8		AVG SBP - WEEK 10
122	DBP10	Num	8		AVG DBP - WEEK 10
123	COMPSC11	Num	8		AVG COMPLIANCE SCORE - WEEK 11
124	CAFF11	Num	8		AVG CAFFEINE - WEEK 11
125	SALT11	Num	8		AVG SALT - WEEK 11
126	ENERGY11	Num	8		AVG ENERGY LEVEL - WEEK 11
127	CALLEV11	Num	8		AVG CALORIE LEVEL - WEEK 11
128	UNIT11	Num	8		AVG UNIT FOODS - WEEK 11
129	ALC11	Num	8		AVG ALCOHOL (UNITS) - WEEK 11
130	SBP11	Num	8		AVG SBP - WEEK 11
131	DBP11	Num	8		AVG DBP - WEEK 11
132	BOS_SBP	Num	8		BEGINNING OF STUDY SBP
133	BOS_DBP	Num	8		BEGINNING OF STUDY DBP
134	CHG_SBP	Num	8		PRE-POST CHANGE IN SBP
135	CHG_DBP	Num	8		PRE-POST CHANGE IN DBP
136	HIBP	Num	8		DUMMY: HYPERTENSIVE AT BASELINE
137	CHG_WT	Num	8		CHANGE IN WT (IV10WT-BASEWT)
138	B_ASBPBK	Num	8		BEG. OF STUDY SBP: ABPM PEAK
139	B_ADBPK	Num	8		BEG. OF STUDY DBP: ABPM PEAK
140	B_ASBPDY	Num	8		BEG. OF STUDY SBP: ABPM DAYTIME
141	B_ADBPDY	Num	8		BEG. OF STUDY DBP: ABPM DAYTIME
142	B_ASBPNT	Num	8		BEG. OF STUDY SBP: ABPM NIGHT
143	B_ADBPNT	Num	8		BEG. OF STUDY DBP: ABPM NIGHT
144	BOS_ASBP	Num	8		BEG. OF STUDY SBP: ABPM 24 HR
145	BOS_ADBP	Num	8		BEG. OF STUDY DBP: ABPM 24 HR
146	E_ASBPBK	Num	8		END OF STUDY SBP: ABPM PEAK
147	E_ADBPK	Num	8		END OF STUDY DBP: ABPM PEAK
148	E_ASBPDY	Num	8		END OF STUDY SBP: ABPM DAYTIME
149	E_ADBPDY	Num	8		END OF STUDY DBP: ABPM DAYTIME
150	E_ASBPNT	Num	8		END OF STUDY SBP: ABPM NIGHT
151	E_ADBPNT	Num	8		END OF STUDY DBP: ABPM NIGHT
152	EOS_ASBP	Num	8		END OF STUDY SBP: ABPM 24 HR
153	EOS_ADBP	Num	8		END OF STUDY DBP: ABPM 24 HR

Num	Variable	Type	Len	Format	Label
154	CHG_ASBP	Num	8		CHANGE IN SBP: ABPM
155	CHG_ADBP	Num	8		CHANGE IN DBP: ABPM
156	FIRSTCAL	Num	8		INITIAL CALORIE LEVEL
157	AVGRICAL	Num	8		AVG RUNIN CALORIE LEVEL
158	AVGIVCAL	Num	8		AVG IV (WEEK 10) CALORIE LEVEL
159	ACTIV_SV	Num	8		ACTIVITY SCORE (CAL/KG/DAY) - SV
160	ACTIV_IV	Num	8		ACTIVITY SCORE (CAL/KG/DAY) - IV
161	ALCOHOL	Num	8	20.4	AMOUNT ALCOHOL DRINKS PER WEEK
162	MARITAL	Num	8	MARITAL.	MARITAL STATUS
163	SMOKE100	Num	8	YESNOFT.	SMOKED 100 CIGARETTES IN ENTIRE LIFE
164	SMOKENOW	Num	8	YESNOFT.	DO YOU SMOKE CIGARETTES NOW
165	DOC_HBP	Num	8	YESNOFT.	DOCTOR TELL YOU HAD HIGH BLOOD PRESSURE
166	BPMEDS	Num	8	YESNOFT.	EVER TAKEN MEDS TO CONTROL BP
167	RED_SALT	Num	8	YESNOFT.	REDUCE BP: REDUCED SODIUM INTAKE
168	LOSEWGT	Num	8	YESNOFT.	REDUCE BP: LOSE WEIGHT
169	EXERCISE	Num	8	YESNOFT.	REDUCE BP: INCREASE PHYSICAL EXERCISE
170	RED_ALC	Num	8	YESNOFT.	REDUCE BP: REDUCE ALCOHOL INTAKE
171	FAMHXHTN	Num	8		FAMILY HX OF HYPERTENSION
172	FAMHXDIA	Num	8		FAMILY HX OF DIABETES
173	FAMHXHAT	Num	8		FAMILY HX OF HEART ATTACK
174	FAMHXKID	Num	8		FAMILY HX OF KIDNEY PROB
175	FAMHXSTR	Num	8		FAMILY HX OF STROKE
176	AVGSUBSC	Num	8		AVG SUBSCAPULAR SKINFOLD
177	AVGTRICP	Num	8		AVG TRICEP SKINFOLD
178	REAS1	Num	8	REASPFT.	Q1 MAIN REASON PARTICIPATING IN DASH
179	REAS2	Num	8	REASPFT.	Q2 SECONDARY PARTICIPATION REASON
180	REAS3	Num	8	REASPFT.	Q2 TERTIARY PARTICIPATION REASON
181	ENJOY	Num	8	ENJOY.	Q3 WHAT DID YOU MOST ENJOY ABOUT STUDY
182	DIFF1	Num	8	DIFFPFT.	Q4 1ST MOST DIFFICULT STUDY ASPECT
183	DIFF2	Num	8	DIFFPFT.	Q5 2ND MOST DIFFICULT STUDY ASPECT
184	DIFF3	Num	8	DIFFPFT.	Q5 3RD MOST DIFFICULT STUDY ASPECT
185	MEDSANY	Num	8		ANY MEDS REPORTED ON ELIG Q?
186	MEDSESTR	Num	8		TAKING ESTROGEN MEDS
187	MEDSLIPD	Num	8		TAKING LIPID LOWERING MEDS
188	WT_REL	Num	8		weight (kg)
189	HT_REL	Num	8		height (cm)
190	AGE_REL	Num	8	AGE_RFT.	age in five year age groups
191	EMP_REL	Num	8	EMP_RFT.	employment status
192	EDU_REL	Num	8	EDU_RFT.	education completed

Num	Variable	Type	Len	Format	Label
193	SMOK_REL	Num	8	SMOK_RFT.	avg cigarettes smoked per day