

Appendix 4

Food Frequency Questionnaire

ID _____

Food Frequency Questionnaire



Researcher: **Gilly Hendrie**
Gilly.Hendrie@csiro.au
(08) 8303 8936



YOUR EATING HABITS

This section is about the kinds of foods you usually eat. On the next few pages you will find lists of foods, separated by questions about your eating habits.

Read through each list of foods and record about how often you usually eat these foods. We realise that your food intake and food purchasing may vary from time to time, so just try to give us the best overall picture of what you eat that you can.

We are interested in **YOUR** eating habits, not that of someone else in your household.

THIS IS HOW TO ANSWER

We are going to ask you "About how often do you usually eat these foods?" Use the following simple code to write your answer in the space next to each food.

If you **NEVER** have a food write **N**
If you **RARELY** have a food (less than once a month) write **R**

If you usually eat a food

About **once** a **MONTH** write **1M**
About **twice** a **MONTH** write **2M**
About **three** times a **MONTH** write **3M**

About **once** a **WEEK** write **1W**
About **twice** a **WEEK** write **2W**
About **three** times a **WEEK** write **3W**
and so on (**4W, 5W, 6W**)

About **once** a **DAY** write **1D**
About **twice** a **DAY** write **2D**
and so on (**3D, 4D, 5D, etc**)

Standard Serves

Alongside each food there is a "standard serve" size. The "standard" serve is not necessarily a "normal" serve, it is simply there to help us measure food intake. If you usually eat more or less than the standard serve size for a particular food, please indicate on the **COMMENTS** line what amount is usually eaten.

For example, if when you eat icecream you have one "scoop" instead of our "standard" serve of two "scoops", indicate how often icecream is eaten, and then write "one scoop only" on the comments line.

On the opposite page you will see some examples of how to fill out the questionnaire. Please read these carefully before you start to fill out the answers for your diet.

HOW TO ANSWER

NEVER	RARELY	Times a MONTH	Times a WEEK	Times a DAY
N	R	$\frac{1}{2}$ ₃ M	$\frac{1}{2}$ ₃ W	$\frac{1}{2}$ ₃ D
			and so on	and so on

HERE ARE SOME EXAMPLES

	<u>STANDARD SERVE</u>	<u>COMMENTS</u>
Custard	1/2 cup	.3W... _____
Boiled egg	1 egg	..3M.. <u>2 eggs</u> _____
Cucumber	3 slices (each 0.5 cm thick)	..R.... _____
Tea	1 cup	..4D.. _____
Beetroot - canned	2 slices	...2M.. <u>1 slice</u> _____

The person above has, on average :-

- **A standard** serve of custard **three times a week**
 - **Two** boiled eggs **three times a month**
 - **Rarely** eats cucumber
 - **Four** cups of tea **every day**
 - **Half a standard** serve (**1 slice**) of beetroot - canned, **twice a month**
-

We realise that you may have an exact idea of how often you eat particular foods, whilst others only have an approximate idea. Be as accurate as you can but do not spend too much time choosing your answers.

PLEASE GIVE AN ANSWER FOR EVERY FOOD

HOW TO ANSWER

NEVER	RARELY	Times a MONTH	Times a WEEK	Times a DAY
N	R	$\frac{1}{2}$ M	$\frac{1}{2}$ W	$\frac{1}{2}$ D
			and so on	and so on

ABOUT HOW OFTEN DO YOU USUALLY EAT THESE FOODS?

<u>CEREALS</u>				<u>COMMENTS</u>
Porridge/Oatmeal	1 cup (cooked)	_____	
Muesli	1/2 cup	_____	
Other breakfast cereal	1 cup	_____	
Plain bran (raw)	1 tablespoon	_____	
Wheatgerm	1 tablespoon	_____	
Bread roll (NOT hamburger buns)	1 roll	_____	
Fried rice	1 cup (cooked)	_____	
Boiled rice	1 cup (cooked)	_____	
Instant noodles (Maggi etc.)	1 cup (cooked)	_____	
Other pasta (spaghetti, macaroni etc.)	1 cup (cooked)	_____	

Q-1 How many slices of bread do you **usually** eat? **Remember the bread in toast and sandwiches.**
If bread is not eaten at all, write 'none'.

_____ slices/**day** OR _____ slices/**week** ...

Q-2 What type of bread do you **usually** eat? (Circle the number beside one answer)

- 1 Wholemeal or mixed grain
- 2 White
- 3 About half the time wholemeal and half white
- 4 Other breads (e.g. rye, Hi-Fibe)
(please specify type)
- 5 I do not eat bread

Q-3 Do you eat **low-salt** types of bread? (Circle **one** answer)

ALL or MOST OF THE TIME **OCCASIONALLY** **RARELY/NEVER**

Q-4 Which of the following do you usually spread on bread or crackers? (Circle one answer)

- 1 Butter
- 2 Polyunsaturated margarine : please name
- 3 Table or cooking margarine; please name
- 4 Reduced-fat margarine (e.g. Era, Becel Light) please name
- 5 Dripping/Lard
- 6 I do not use anything
- 7 I do not eat bread or crackers
- 8 Something else : please name

Q-5 For whatever spread you have, is it **usually the regular variety or reduced salt? (Circle **one** answer)**

- 1 Usually has the regular variety
- 2 Usually has the reduced-salt variety

Q-6 What types of breakfast cereals do you most commonly eat?

Please name :

Q-7 If you eat **muesli is it : (Circle **one** answer)**

- 1 Home made muesli
- 2 Pre-packaged muesli

Q-8 How many cups of milk do you **usually add to breakfast cereal, porridge or muesli ? (Circle the number closest to the amount you have)**

- 1 None
- 2 About a half a cup
- 3 About one cup
- 4 About one and a half cups
- 5 About two cups or more (please state how much

Q-9 What type of milk do you **usually add to cereals, porridge or muesli? (e.g. whole milk, Hi-Lo, Lite, skim, powdered skim, Shape, Farmers Best, goat's milk, condensed/evaporated milk etc.)?**

Type of milk added :

Q-10 How many teaspoons of sugar or honey do you **usually add to cereal, porridge or muesli. (Note : 1 level dessertspoon = 2 level teaspoons)**

Write the number of level teaspoons you have here :

Q-11 Do you **add salt to porridge? (Circle **one** number)**

- 1 Yes
- 2 No
- 3 I don't eat porridge

HOW TO ANSWER

NEVER	RARELY	Times a MONTH	Times a WEEK	Times a DAY
N	R	$\frac{1}{2}$ ₃ M	$\frac{1}{2}$ ₃ W	$\frac{1}{2}$ ₃ D
			and so on	and so on

ABOUT HOW OFTEN DO YOU USUALLY EAT THESE FOODS?

<u>CEREAL FOODS</u>				<u>COMMENTS</u>
Crumpet or Muffin	1	_____
Croissant	1	_____
Fruit Loaf/Currant bread	1 slice	_____
Sweet bun/doughnut	1	_____
Crispbread/Cracker	2	_____
Salted biscuits	3	_____
Plain sweet biscuits	2	_____
Fancy biscuits (eg choc-coated)	2	_____
Cake	1 small cake or 1 slice large cake	_____
Milk pudding (eg rice, sago)	1/2 cup	_____
Steamed sponge - suet	1/4 small pudding	_____

Q-1 Do you have milk :

(Circle one for each)

in tea?	YES	NO	DO NOT DRINK TEA
in coffee?	YES	NO	DO NOT DRINK COFFEE
in coffee substitute?	YES	NO	DO NOT DRINK COFFEE SUBSTITUTE

87

HOW TO ANSWER

NEVER	RARELY	Times a MONTH	Times a WEEK	Times a DAY
N	R	$\frac{1}{2}$ M	$\frac{1}{2}$ W	$\frac{1}{2}$ D
			and so on	and so on

ABOUT HOW OFTEN DO YOU USUALLY HAVE THESE DRINKS?

<u>BEVERAGES</u>				<u>COMMENTS</u>
Sustagen (made with powder)	1 cup	_____	
Sustagen Gold	small carton (300 ml)	_____	
Carton of other flavoured milk (eg chocolate, strawberry etc)	small carton (300 ml)	_____	
Cocoa	1 cup	_____	
Drinking Chocolate/Milo/ Quik etc.	1 cup	_____	
Akta-Vite	1 cup	_____	
Glass of milk (as such)	1 glass	_____	
Milk shake/Thick shake	regular size	_____	
Tea	1 cup	_____	
Herbal tea	1 cup	_____	
Instant coffee	1 cup	_____	
Ground coffee (eg filter/drip)	1 cup	_____	
Decaffeinated coffee	1 cup	_____	
Coffee substitute (eg Caro)	1 cup	_____	

129EOL

Q-2 Do you have cocoa/chocolate/Milo/Akta-Vite with : (Circle **one** number)

- 1 Mostly milk?
- 2 Mostly water?
- 3 About half and half?
- 4 I do not drink these drinks.

Q-3 What type of milk do you **usually** add to tea/coffee/cocoa/chocolate etc? (Please state the type of milk used eg whole milk, Lite, Hi-Lo, skim, powdered skim, Shape, Farmers Best, goats milk, condensed milk, evaporated milk etc.)

Type of milk added

Q-4 How many **teaspoons** of sugar/honey do you **usually** have in each cup of :

(Circle **one** number for each drink)

Tea?	0	1	2	3	4	5	6
Coffee?	0	1	2	3	4	5	6
Coffee substitute?	0	1	2	3	4	5	6
Cocoa?	0	1	2	3	4	5	6
Milo/Quik/Chocolate?	0	1	2	3	4	5	6

HOW TO ANSWER

NEVER	RARELY	Times a MONTH	Times a WEEK	Times a DAY
N	R	$\frac{1}{2}$ M	$\frac{1}{2}$ $\frac{1}{3}$ W	$\frac{1}{2}$ $\frac{1}{3}$ D
			and so on	and so on

ABOUT HOW OFTEN DO YOU USUALLY EAT THESE FOODS?

<u>DAIRY PRODUCTS and EGGS</u>				<u>COMMENTS</u>
Cheese	30 grams (1 slice)
Low-fat cottage cheese	100 gm (1/2 carton)
Cream	1 tablespoon
Yoghurt	200 gm (1 carton)
Icecream (from a tub)	2 scoops	SUMMER
		WINTER
Icecream desserts (eg Symphony, Vienetta)	1 serving	SUMMER
		WINTER
Icecream (on a stick/cone)	1 icecream	SUMMER
		WINTER
Vitari	1 cone	SUMMER
		WINTER
Ice block/Icy Pole	1	SUMMER
		WINTER
Custard	1/2 cup
Fried egg	1 egg
Boiled egg	1 egg
Omelette/Scrambled eggs	2 eggs

Q-1 When you eat cheese, do you have the **reduced-salt** varieties (Circle **one** number)

- 1 Always or nearly always
- 2 Sometimes
- 3 Rarely or never
- 4 I do not eat cheese

Q-2 When you eat cheese, do you have the **reduced-fat** varieties (Circle **one** number)

- 1 Always or nearly always
- 2 Sometimes
- 3 Rarely or never
- 4 I do not eat cheese

Q-3 When you eat yoghurt which type is it? (Circle **one** number)

- 1 Plain (eg not fat-reduced)
- 2 Plain, low fat
- 3 Fruit flavoured (not fat-reduced)
- 4 Fruit flavoured, low-fat
- 5 Frozen yoghurt
- 6 I do not eat yoghurt

Q-4 When you eat ice-cream, diet-ice or similar is it **usually**? (Circle **one** number)

- 1 Low calorie
- 2 Regular ice-cream
- 3 Other (please state)

70

.....

HOW TO ANSWER

NEVER	RARELY	Times a MONTH	Times a WEEK	Times a DAY
N	R	$\frac{1}{2}$ M	$\frac{1}{2}$ W	$\frac{1}{2}$ D
			and so on	and so on

ABOUT HOW OFTEN DO YOU USUALLY EAT THESE FOODS?

<u>MEATS</u>			<u>COMMENTS</u>
Steak (eaten as such)	1 medium (100g)	_____
	(approximately size of fillet)		
Pork chop	1 medium chop	_____
Lamb chop (loin chop size)	2 chops	_____
Roast pork/pork fillet	2 slices	_____
Roast beef/veal	2 slices	_____
Roast lamb	2 slices	_____
Sausages	2 thick or 3 thin	_____
Frankfurters/Saveloys	2 thick or 3 thin	_____
Bacon	2 rashers	_____
Ham	3 thin or 2 thick slices	_____
Luncheon meat/Fritz/ Devon/Windsor etc.	3 slices (1 cm thick if small nob)	_____
Continental Sausage (salami/Mettwurst etc)	3 slices	_____
Pate/liver paste	1 tablespoon	_____
Liver	1/2 liver (150 gm)	_____
Kidney	2 kidneys	_____
Brains	1/2 cup	_____
Pureed meat dishes (canned/bottled)	1/2 cup	_____

121EOL

HOW TO ANSWER

NEVER	RARELY	Times a MONTH	Times a WEEK	Times a DAY
N	R	$\frac{1}{2}$ M	$\frac{1}{2}$ $\frac{1}{3}$ W	$\frac{1}{2}$ $\frac{1}{3}$ D
			and so on	and so on

ABOUT HOW OFTEN DO YOU USUALLY EAT THESE FOODS?

<u>MIXED DISHES</u>			<u>COMMENTS</u>
Hamburger WITH bun	1 medium	_____
Hamburger patty WITHOUT bun	1 medium	_____
Pizza (frozen)	1 mini or 1/4 large	_____
Pizza (homemade or take-away)	1/2 small or 1/4 large	_____
Sausage roll	1 large or 2 small	_____
Meat pie	1 individual	_____
Meat pie (homemade)	1 individual or 1 slice of large pie	_____
Pastie	1 individual	_____
Crumbed veal (schnitzel)	1 large piece	_____
Stew/casserole/curry/goulash (with meat or chicken)	1 cup	_____
Stew/casserole/curry/goulash (without meat or chicken)	1 cup	_____
Chinese meat and veg dish	1 cup	_____
Savoury pies/pastries (eg quiche)	1 individual OR 1 slice of large pie	_____
Mince meat (eaten as such)	1 cup	_____
Mince meat dishes (eg Shepherds' pie)	1 piece (8x8x4cm)	_____
Spicy mince added to pastas (eg spag. sauce)	1/2 cup mince	_____

53

HOW TO ANSWER

NEVER	RARELY	Times a MONTH	Times a WEEK	Times a DAY
N	R	$\frac{1}{2}$ M	$\frac{1}{2}$ $\frac{1}{3}$ W	$\frac{1}{2}$ $\frac{1}{3}$ D
			and so on	and so on

ABOUT HOW OFTEN DO YOU USUALLY EAT THESE FOODS?

<u>CHICKEN, FISH AND SEAFOOD</u>			<u>COMMENTS</u>
Roast/Barbecue chicken	2 slices of breast or 1 drumstick or 2 wings	_____
Boiled chicken	as above	_____
Crumbed, fried chicken	4 small pieces	_____
Chicken nuggets	6 nuggets	_____
Fish - fried	1 piece or 6 nuggets (PLEASE STATE WHAT TYPE OF FISH)	_____
Fish without batter (STEAMED, GRILLED/BOILED)	1 piece (PLEASE STATE WHAT TYPE OF FISH)	_____
Canned fish (tuna, salmon etc)	1/3 cup	_____
Fish Fingers	3 - 4 fingers	_____
Seafood (prawns, crab, lobster etc)	1/2 cup	_____
Mornay dishes	1 cup	_____

Q-1 If you eat the following meats, how are they **usually** cooked? (Circle **one** for each food)

Steak	FRIED	GRILLED/BAKED	MICROWAVED	DON'T EAT
Chops	FRIED	GRILLED/BAKED	MICROWAVED	DON'T EAT
Sausages	FRIED	GRILLED/BAKED	MICROWAVED	DON'T EAT
Bacon	FRIED	GRILLED/BAKED	MICROWAVED	DON'T EAT

Q-2 When you eat meat with fat on it, do you eat : (Circle **one** number)

- 1 All of the fat
- 2 Most of the fat
- 3 About half of the fat
- 4 Little or none of the fat
- 5 I do not eat meat

88EOL

Q-3 Do you have the skin removed from your chicken? (Circle **one** number)

- 1 Always or nearly always
- 2 Sometimes (about half the time or less)
- 3 Rarely (less than a quarter of the time)
- 4 Never
- 5 I do not eat chicken

Q-4 If you eat fried fish, in which of the following is it **usually** coated? (Circle **one** number)

- 1 Batter
- 2 Breadcrumbs
- 3 Flour
- 4 Other coating; please name.....
- 5 Fried without coating

Q-5 When you eat fish coated in batter, crumbs etc how often is it : (Circle **one for each**)

Coated at home	ALWAYS	SOMETIMES	RARELY	NEVER
Pre-packed, frozen cooked at home	ALWAYS	SOMETIMES	RARELY	NEVER
Bought ready cooked from fish shop	ALWAYS	SOMETIMES	RARELY	NEVER

10

Q-6 If you eat fresh fish, what variety is it usually?

.....

HOW TO ANSWER

NEVER	RARELY	Times a MONTH	Times a WEEK	Times a DAY
N	R	$\frac{1}{2}$ ₃ M	$\frac{1}{2}$ ₃ W	$\frac{1}{2}$ ₃ D
			and so on	and so on

ABOUT HOW OFTEN DO YOU USUALLY EAT THESE FOODS?

	<u>CANNED and DRIED VEGETABLES</u>			<u>COMMENTS</u>
Potato - canned	2-3 small	_____	
Potato - packet (powdered)	1/3 cup (cooked)	_____	
Potato salad	1/3 cup	_____	
Carrots - canned	1/3 cup	_____	
Beetroot - canned	2 slices	_____	
Green beans - canned	1/3 cup	_____	
Haricot, Lima beans - canned	1/3 cup	_____	
Baked beans in tomato sauce	1/3 cup	_____	
Green peas - canned	1/3 cup	_____	
Lentils - dried/canned	1/3 cup	_____	
Zucchini salad	1/3 cup	_____	
Sweetcorn - canned (including creamed corn)	1/3 cup	_____	
Mushrooms - canned	6-7 small ones	_____	
Mushrooms - canned in sauce	1/3 cup	_____	
Olives	3 medium	_____	
Gherkins/Pickled onions	3 pieces	_____	
Pureed vegetables (canned/bottled)	1/3 cup	_____	

61EOL

HOW TO ANSWER

NEVER	RARELY	Times a MONTH	Times a WEEK	Times a DAY
N	R	$\frac{1}{2}$ M	$\frac{1}{2}$ $\frac{1}{3}$ W	$\frac{1}{2}$ $\frac{1}{3}$ D
			and so on	and so on

The following list of foods contains some vegetables that may be eaten much more frequently at some times of the year than others (eg in the warmer or cooler weather). Please fill in how often each food is eaten in **BOTH** the warmer months of the year (**SUMMER**) and the cooler months (**WINTER**).

For example :- If you usually have :

A standard serve of peas about **twice a week** during the **warmer** months of the year and about **every day** during the **cooler** months :

and:

Two medium potatoes (roasted) a **week** throughout the **year** :

You would write :

		<u>Summer</u>	<u>Winter</u>	
Green peas	1 cup	...2W.....	..1D.....	
Potato - roasted	1 medium	...1W.....	...1W.....	_2 potatoes_

ABOUT HOW OFTEN DO YOU USUALLY EAT THESE FOODS?

<u>SEASONAL VEGETABLES</u>		<u>Summer</u>	<u>Winter</u>	
Potato - fresh & mashed (with milk)	1/3 cup	
Potato - fresh, boiled	1 medium	
Potato - roasted	1 medium	
French fries/hot chips	17-18 chips	
Potato Gems/ Pommes Noisettes	about 5	
Carrots (fresh/frozen)	1/3 cup	
Turnip/Swede (fresh/frozen)	1/3 cup	
Broad beans (fresh/frozen)	1/2 cup	
Green beans (fresh/frozen)	1/3 cup	

59EOL

SEASONAL VEGETABLES (continued)		Summer	Winter
Green peas (fresh/frozen)	1/3 cup _____
Cabbage	1/3 cup _____
Brussels sprouts (fresh/frozen)	5 - 6 _____
Silver beet/spinach (fresh/frozen)	1/3 cup _____
Broccoli (fresh/frozen)	1/3 cup _____
Cauliflower (fresh/frozen)	1/2 cup _____
Pumpkin	1/3 cup _____
Sweetcorn (fresh/frozen)	1 small cob _____
Zucchini (courgettes)	1 medium sized _____
Onion - fried	1/4 cup _____
Onion (raw, baked, boiled) (fresh/frozen)	1 medium _____
Tomato - fresh	1 medium _____
Tomato - grilled/fried	1/2 medium _____
Lettuce	2 small leaves _____
Cucumber	3 slices (each 0.5 cm thick) _____
Coleslaw	1/2 cup _____
Celery (fresh/frozen)	1 x 15cm stick _____
Capsicum (Green pepper) (fresh/frozen)	2 strips (each 0.5 cm thick) _____
Mushrooms - fresh	6-7 small ones _____
Sprouted bean shoots	1/3 cup _____
Fried mixed vegetables (eg stir fried)	1/2 cup _____

131EOL

Q-1 When you use canned vegetables, are they **reduced-salt** varieties? (Circle **one** number)

- 1 Always or nearly always
- 2 Sometimes
- 3 Never or rarely
- 4 Only for some vegetables (please state which.....)

Q-2 Is salt added to the cooking water when boiling the following foods? (Circle **one for each food**)

Vegetables	USUALLY	SOMETIMES	NEVER
Pasta and rice	USUALLY	SOMETIMES	NEVER

Q-3 If salt is added to the cooking water when boiling foods, is the water : (Circle **one** number)

- 1 Lightly salted
- 2 Medium salted
- 3 Heavily salted
- 4 Salting is highly varied
- 5 Salt is not added to cooking water

Q-4 How often do you add salt to your meals **after** they are cooked? (Circle **one** number)

- 1 Rarely or never
- 2 Sometimes
- 3 Always or nearly always

Q-5 When you add salt at the table to your meals, how much is **usually** added?
(Circle **one** number)

- 1 A light sprinkle
- 2 A medium sprinkle
- 3 A heavy sprinkle
- 4 Salting is highly varied
- 5 Salt is not added at the table

Q-6 When you eat vegetables which of the following methods is the one **most commonly** used to cook them?

(Circle **one** number)

- 1 Boiled in a little water
- 2 Boiled in a lot of water
- 3 Steamed
- 4 Cooked in a pressure cooker
- 5 Microwaved
- 6 Stir-fried

12

- Q-7
- | | | | |
|---|--|---|---------------------------|
| 1 | Vegetable oils (olive, sunflower etc.) | 4 | Dripping/lard/meat juices |
| 2 | Cooking or table margarine | 5 | Polyunsaturated margarine |
| 3 | Butter | 6 | Nothing |

From the list above write which type of fat/oil is most commonly used :

- (a) When roasting/frying meats/fish.....
- (b) When roasting/frying vegetables.....
- (c) On vegetables when served (eg butter on peas).....

Q-8 Is butter or margarine added to your potatoes when they are mashed?
(Circle **one** number)

- 1 Yes, always
- 2 Yes, occasionally
- 3 Never

HOW TO ANSWER

NEVER	RARELY	Times a MONTH	Times a WEEK	Times a DAY
N	R	$\frac{1}{2}_3$ M	$\frac{1}{2}_3$ W and so on	$\frac{1}{2}_3$ D and so on

ABOUT HOW OFTEN DO YOU USUALLY EAT THESE FOODS?

<u>FRUIT</u>			<u>COMMENTS</u>
Orange, Mandarin, Grapefruit	1 medium	_____
Apple, Pear - fresh/baked	1 medium	_____
Banana	1 medium	_____
Fresh fruit salad	1 cup	_____
Dried fruit (apple/apricot etc)	4-5 pieces	_____
Raisins, sultanas or currants	1/3 cup	_____
Fruit in syrup or stewed (including fruit salads)	1/2 cup	_____
Fruit canned in water (low-cal) (including fruit salads)	1/2 cup	_____
Fruit pie or pastry or fritters	1 small pie or 1 slice large	_____

43

HOW TO ANSWER

NEVER	RARELY	Times a MONTH	Times a WEEK	Times a DAY
N	R	$\frac{1}{2}$ ₃ M	$\frac{1}{2}$ ₃ W and so on	$\frac{1}{2}$ ₃ D and so on

The fruits listed below are sometimes only available for a short time during the year. Therefore we only want you to record how often you have them when they are IN SEASON.

HOW OFTEN DO YOU EAT THESE FOODS WHEN THEY ARE IN SEASON?

<u>SEASONAL FRUITS</u>				<u>COMMENTS</u>
Berries - fresh/frozen	3/4 cup	_____	_____
Melon (not watermelon)	1 large slice	_____	_____
Peach - fresh	1 medium	_____	_____
Plum - fresh	3-4 plums	_____	_____
Nectarine - fresh	1 medium	_____	_____
Apricot - fresh	3 apricots	_____	_____
Grapes - fresh	about 20	_____	_____
Pineapple - fresh	1 slice	_____	_____
Avocado	1/2 a medium	_____	_____

Please list here, along with your standard serve size, any other fruit that you eat (eg mango; pureed, canned/bottled fruits)

_____

_____

HOW OFTEN DO YOU USUALLY EAT THESE FOODS?

<u>NUTS and SNACKS</u>				<u>COMMENTS</u>
Potato crisps, Twisties etc	1 small bag or 14 - 15 pieces	_____	_____
Peanuts (fresh)	9 - 10 nuts	_____	_____
Nuts - salted & cooked	9 - 10 nuts	_____	_____
Other unsalted nuts (fresh walnuts/almonds etc)	5 - 6 nuts	_____	_____

92EOL

HOW TO ANSWER

NEVER	RARELY	Times a MONTH	Times a WEEK	Times a DAY
N	R	$\frac{1}{2}$ ₃ M	$\frac{1}{2}$ ₃ W	$\frac{1}{2}$ ₃ D
			and so on	and so on

ABOUT HOW OFTEN DO YOU USUALLY EAT THESE FOODS?

<u>SOUPS</u>				<u>COMMENTS</u>
Canned soup (eaten as such)	1 cup	WINTER	_____
		SUMMER	_____
Packet soup (eaten as such)	1 cup	WINTER	_____
		SUMMER	_____
Homemade soup (eaten as such)	1 cup	WINTER	_____
		SUMMER	_____

Write an example of the type of soup you most often eat (eg canned tomato; homemade pea and ham)

.....

.....

HOW TO ANSWER

NEVER	RARELY	Times a MONTH	Times a WEEK	Times a DAY
N	R	$\frac{1}{2}$ ₃ M	$\frac{1}{2}$ ₃ W	$\frac{1}{2}$ ₃ D
			and so on	and so on

ABOUT HOW OFTEN DO YOU USUALLY EAT THESE FOODS?

<u>CONFECTIONERY, JAMS AND SAUCES</u>			<u>COMMENTS</u>
Chocolate	1 small bar (50 grams)	_____
Chocolate covered bar (eg Mars/Bounty)	1 bar	_____
Individually wrapped lollies, eg toffees	4 - 5 lollies	_____
Packet lollies (eg Lifesavers/Polos)	1 small packet	_____
Muesli bar/Health bar	1 bar	_____
Honey, jam, marmalade	1 tablespoon	_____
Vegemite, marmite etc	1/2 teaspoon	_____
Thick sauces (tomato/HP etc)	1 tablespoon	_____
Polyunsaturated Mayonnaise/ Salad cream	1 tablespoon	_____
Regular Mayonnaise/ Salad cream	1 tablespoon	_____
Low calorie salad dressings	1 tablespoon	_____
Polyunsaturated salad dressings	1 tablespoon	_____

65

HOW TO ANSWER

NEVER	RARELY	Times a MONTH	Times a WEEK	Times a DAY
N	R	$\frac{1}{2}$ ₃ M	$\frac{1}{2}$ ₃ W	$\frac{1}{2}$ ₃ D
			and so on	and so on

ABOUT HOW OFTEN DO YOU USUALLY HAVE THESE DRINKS?

<u>BEVERAGES</u>	<u>COMMENTS</u>
Glass of cordial medium glass	_____
Glass of cola (eg Coca Cola) medium glass	_____
Glass of fizzy drink Includes mineral water with juice medium glass	_____
Glass of low-calorie fizzy drink medium glass	_____
Fruit drink (eg Fruit Box) 250 ml carton	_____
Pure fruit juice medium glass	_____
Vegetable juice small glass	_____
Water/Spring water medium glass	_____
Mineral Water medium glass	_____

OTHER FOODS COMMENTS
 PLEASE LIST ANY OTHER FOODS HERE AND ON THE NEXT PAGE THAT YOU HAVE
 EATEN, PARTICULARLY TYPES OF WHOLE GRAINS, NUTS, SEEDS AND FISH

..... _____
..... _____
..... _____
..... _____
..... _____

HOW TO ANSWER

NEVER	RARELY	Times a MONTH	Times a WEEK	Times a DAY
N	R	$\frac{1}{2}$ ₃ M	$\frac{1}{2}$ ₃ W	$\frac{1}{2}$ ₃ D
			and so on	and so on

ABOUT HOW OFTEN DO YOU USUALLY HAVE THESE DRINKS?

<u>BEVERAGES</u>			<u>COMMENTS</u>
Low-alcohol beer	1 middy 285 mls	_____
Low-alcohol beer	1 schooner 425 mls	_____
Regular beer	1 middy 285 mls	_____
Regular beer	1 schooner 425 mls	_____
Alcoholic soda (i.e. Bacardi Breezer)	1 bottle 275 mls	_____
Wine/ champagne	1 wine glass	_____
Sherry/Port/ Liqueur	1 standard serve	_____
Spirits	1 nip	_____

If you have any other foods or drinks that we have not mentioned, at least once a month, please write them down here and tell us how often you have them, using the same response scale as before (eg 1D, 3M etc).

HOW TO ANSWER

NEVER	RARELY	Times a MONTH	Times a WEEK	Times a DAY
N	R	¹ / ₂ / ₃ M	¹ / ₂ / ₃ W and so on	¹ / ₂ / ₃ D and so on

FOODS AND DRINKS I EAT THAT HAVE NOT BEEN MENTIONED :

Name of Food	My usual serve size	How often is it eaten?
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

142EOB

THANK YOU VERY MUCH FOR YOUR PARTICIPATION IN THIS STUDY

REMEMBER

**PLEASE RETURN THIS QUESTIONNAIRE
AT THE TIME OF YOUR ASSESSMENT
SO WE CAN GO OVER IT WITH YOU**

OR

AS SOON AS POSSIBLE

**We would welcome any comments you may have regarding
this questionnaire below**
