

## FOOD FREQUENCY QUESTIONNAIRE

This questionnaire asks for some background information about you, especially about what you eat.

**Your answers will be treated as strictly confidential and will be used only for medical research.**

**PLEASE COMPLETE USING BLACK INK/PEN**

Date of birth:

Please enter: M if you are Male   
F if you are Female

**Please answer every question. If you are uncertain about how to answer a question then do the best you can, but please do not leave a question blank.**

1. **YOUR DIET LAST YEAR**

For each food there is an amount shown, either a “medium serving” or a common household unit such as a slice or teaspoon. Please put a tick (✓) in the box to indicate how often, **on average**, you have eaten the specified amount of each food **during the past year**.

**EXAMPLES:**

For white bread the amount is one slice, so if you ate 4 or 5 slices a day, you should put a tick in the column headed “4-5 per day”.

FOODS AND AMOUNTS	AVERAGE USE LAST YEAR								
	Never or less than once/month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day
<b>BREAD AND SAVOURY BISCUITS</b> (one slice or biscuit)									
White bread and rolls								✓	

For chips, the amount is a “medium serving”, so if you had a helping of chips twice a week you should put a tick in the column headed “2-4 per week”.

FOODS AND AMOUNTS	AVERAGE USE LAST YEAR								
	Never or less than once/month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day
<b>POTATOES, RICE AND PASTA</b> (medium serving)									
Chips				✓					

For very seasonal fruits such as strawberries and raspberries you should estimate your average use when the fruits are in season, so if you ate strawberries or raspberries about once a week when they were in season you should put a tick in the column headed “once a week”

FOODS AND AMOUNTS	AVERAGE USE LAST YEAR								
	Never or less than once/month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day
<b>FRUIT</b> (1 fruit or medium serving)									
Strawberries, raspberries, kiwi fruit			✓						

**Please estimate your average food use as best you can, and please answer every question – do not leave ANY lines blank. PLEASE PUT A TICK (✓) ON EVERY LINE**

FOODS AND AMOUNTS	AVERAGE USE LAST YEAR									
	Never or less than once/month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day	
<b>MEAT AND FISH</b> (medium serving)										
Beef: roast, steak, mince, stew or casserole										
Beefburgers										
Pork: roast, chops, stew or slices										
Lamb: roast, chops or stew										
Chicken or other poultry eg. turkey										
Bacon										
Ham										
Corned beef, Spam, luncheon meats										
Sausages										
Savoury pies, eg. meat pie, pork pie, pasties, steak & kidney pie, sausage rolls										
Liver, liver paté, liver sausage										
Fried fish in batter, as in fish and chips										
Fish fingers, fish cakes										
Other white fish, fresh or frozen, eg. cod, haddock, plaice, sole, halibut										
Oily fish, fresh or canned, eg. mackerel, kippers, tuna, salmon, sardines, herring										
Shellfish, eg. crab, prawns, mussels										
Fish roe, taramasalata										
	Never or less than once/month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day	

**Please check that you have a tick (✓) on EVERY line**

**PLEASE PUT A TICK (✓) ON EVERY LINE**

FOODS AND AMOUNTS	AVERAGE USE LAST YEAR									
	Never or less than once/month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day	
<b>BREAD AND SAVOURY BISCUITS</b> (one slice or biscuit)										
White bread and rolls										
Brown bread and rolls										
Wholemeal bread and rolls										
Cream crackers, cheese biscuits										
Crispbread, eg. Ryvita										
<b>CEREALS</b> (one bowl)										
Porridge, Readybrek										
Breakfast cereal such as cornflakes, muesli etc.										
<b>POTATOES, RICE AND PASTA</b> (medium serving)										
Boiled, mashed, instant or jacket potatoes										
Chips										
Roast potatoes										
Potato salad										
White rice										
Brown rice										
White or green pasta, eg. spaghetti, macaroni, noodles										
Wholemeal pasta										
Lasagne, moussaka										
Pizza										
	Never or less than once/month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day	

**Please check that you have a tick (✓) on EVERY line**

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FOODS AND AMOUNTS	AVERAGE USE LAST YEAR									
	Never or less than once/month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day	
<b>DAIRY PRODUCTS AND FATS</b>										
Single or sour cream (tablespoon)										
Double or clotted cream (tablespoon)										
Low fat yogurt, fromage frais (125g carton)										
Full fat or Greek yogurt (125g carton)										
Dairy desserts (125g carton)										
Cheese, eg. Cheddar, Brie, Edam (medium serving)										
Cottage cheese, low fat soft cheese (medium serving)										
Eggs as boiled, fried, scrambled, etc. (one)										
Quiche (medium serving)										
Low calorie, low fat salad cream(tablespoon)										
Salad cream, mayonnaise (tablespoon)										
French dressing (tablespoon)										
Other salad dressing (tablespoon)										
<b>The following on bread or vegetables</b>										
Butter (teaspoon)										
Block or hard margarine, eg. Stork, Krona (teaspoon)										
Polyunsaturated margarine, eg. Flora, sunflower, soya spreads (teaspoon)										
Soft margarines,including olive oil based and dairy spreads, eg. Blue Band, Clover (teaspoon)										
Low fat spreads (less than 60% fat), eg. Outline, Gold (teaspoon)										
Very low fat spread (less than 30% fat) (teaspoon)										
	Never or less than once/month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day	

**Please check that you have a tick (✓) on EVERY line**

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FOODS AND AMOUNTS	AVERAGE USE LAST YEAR								
	Never or less than once/month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day
<b>SWEETS AND SNACKS</b> (medium serving)									
Sweet biscuits, chocolate , eg. digestive (one)									
Sweet biscuits, plain, eg. Nice, ginger (one)									
Cakes eg. fruit, sponge, home baked									
Cakes eg. fruit, sponge, ready made									
Buns, pastries eg. scones, flapjacks, home baked									
Buns, pastries eg. croissants, doughnuts, ready made									
Fruit pies, tarts, crumbles, home baked									
Fruit pies, tarts, crumbles, ready made									
Sponge puddings, home baked									
Sponge puddings, ready made									
Milk puddings, eg. rice, custard, trifle									
Ice cream, choc ices									
Chocolates, single or squares									
Chocolate snack bars eg. Mars, Crunchie									
Sweets, toffees, mints									
Sugar added to tea, coffee, cereal (teaspoon)									
Crisps or other packet snacks, eg. Wotsits									
Peanuts or other nuts									
<b>SOUPS, SAUCES, AND SPREADS</b>									
Vegetable soups (bowl)									
Meat soups (bowl)									
Sauces, eg. white sauce, cheese sauce, gravy (tablespoon)									
Tomato ketchup (tablespoon)									
Pickles, chutney (tablespoon)									
Marmite, Bovril (teaspoon)									
Jam, marmalade, honey (teaspoon)									
Peanut butter (teaspoon)									
	Never or less than once/month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day

**Please check that you have a tick (✓) on EVERY line**

**PLEASE PUT A TICK (✓) ON EVERY LINE**

FOODS AND AMOUNTS	AVERAGE USE LAST YEAR									
	Never or less than once/month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day	
<b>DRINKS</b>										
Tea (cup)										
Coffee, instant or ground (cup)										
Coffee, decaffeinated (cup)										
Coffee whitener, eg. Coffee-mate (teaspoon)										
Cocoa, hot chocolate (cup)										
Horlicks, Ovaltine (cup)										
Wine (glass)										
Beer, lager or cider (half pint)										
Port, sherry, vermouth, liqueurs (glass)										
Spirits, eg. gin, brandy, whisky, vodka (single)										
Low calorie or diet fizzy soft drinks (glass)										
Fizzy soft drinks, eg. Coca cola, lemonade (glass)										
Pure fruit juice (100%) eg. orange, apple juice (glass)										
Fruit squash or cordial (glass)										
<b>FRUIT</b>										
<b>For seasonal fruits marked *, please estimate your average use when the fruit is in season</b>										
Apples (1 fruit)										
Pears (1 fruit)										
Oranges, satsumas, mandarins (1 fruit)										
Grapefruit (half)										
Bananas (1 fruit)										
Grapes (medium serving)										
Melon (1 slice)										
* Peaches, plums, apricots (1 fruit)										
* Strawberries, raspberries, kiwi fruit (medium serving)										
Tinned fruit (medium serving)										
Dried fruit, eg. raisins, prunes (medium serving)										
	Never or less than once/month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day	

**Please check that you have a tick (✓) on EVERY line**

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FOODS AND AMOUNTS	AVERAGE USE LAST YEAR									
<b>VEGETABLES</b> Fresh, frozen or tinned (medium serving)	Never or less than once/month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day	
Carrots										
Spinach										
Broccoli, spring greens, kale										
Brussels sprouts										
Cabbage										
Peas										
Green beans, broad beans, runner beans										
Marrow, courgettes										
Cauliflower										
Parsnips, turnips, swedes										
Leeks										
Onions										
Garlic										
Mushrooms										
Sweet peppers										
Beansprouts										
Green salad, lettuce, cucumber, celery										
Watercress										
Tomatoes										
Sweetcorn										
Beetroot										
Coleslaw										
Avocado										
Baked beans										
Dried lentils, beans, peas										
Tofu , soya meat, TVP, Vegeburger										
	Never or less than once/month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day	

**Please check that you have a tick (✓) on EVERY line**



**YOUR DIET LAST YEAR, continued**

2. Are there any **OTHER** foods which you ate more than once a week? Yes  No

If **YES**, please list below

Food	Usual serving size	Number of times eaten each week
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>

3. What type of milk did you most often use?

**Select one only**

Full cream/whole

Semi-skimmed

Skimmed

Channel Islands, gold

Dried milk

Soya

Other, specify

None

4. How much milk did you drink each day, including milk with tea, coffee, cereals etc?

None

Three quarters of a pint

Quarter of a pint

One pint

Half a pint

More than one pint

5. Did you usually eat breakfast cereal (excluding porridge and Ready Brek mentioned earlier)?

Yes  No

If **YES**, which brand and type of breakfast cereal, including muesli, did you usually eat?

**List the one or two types most often used**

Brand e.g. Kellogg's

Type e.g. cornflakes





6. What kind of fat did you most often use for frying, roasting, grilling etc?

**Select one only**

Butter

Solid vegetable fat

Lard/dripping

Margarine

Vegetable oil

None

If you used vegetable oil, please give type eg. corn, sunflower

7. What kind of fat did you most often use for baking cakes etc?

**Select one only**

Butter

Solid vegetable fat

Lard/dripping

Margarine

Vegetable oil

None

If you used margarine, please give name or type eg. Flora, Stork

8. How often did you eat food that was fried at home?  
 Daily  1-3 times a week  4-6 times a week   
 Less than once a week  Never
9. How often did you eat fried food away from home?  
 Daily  1-3 times a week  4-6 times a week   
 Less than once a week  Never
10. What did you do with the visible fat on your meat?  
 Ate most of the fat  Ate as little as possible   
 Ate some of the fat  Did not eat meat
11. How often did you eat grilled or roast meat?   times a week
12. How well cooked did you usually have grilled or roast meat?  
 Well done /dark brown  Lightly cooked/rare   
 Medium  Did not eat meat
13. How often did you add salt to food while cooking?  
 Always  Rarely   
 Usually  Never   
 Sometimes
14. How often did you add salt to any food at the table?  
 Always  Rarely   
 Usually  Never   
 Sometimes
15. Did you regularly use a salt substitute (eg LoSalt)? Yes  No   
 If **YES**, which brand?

16. During the course of last year, on average, how many times a week did you eat the following foods?

Food type	Times/week	Portion size
Vegetables (not including potatoes)	<input type="text"/> <input type="text"/>	medium serving
Salads	<input type="text"/> <input type="text"/>	medium serving
Fruit and fruit products (not including fruit juice)	<input type="text"/> <input type="text"/>	medium serving or 1 fruit
Fish and fish products	<input type="text"/> <input type="text"/>	medium serving
Meat, meat products and meat dishes (including bacon, ham and chicken)	<input type="text"/> <input type="text"/>	medium serving

17. Have you taken any vitamins, minerals, fish oils, fibre or other food supplements during the past year?

- Yes
- No
- Sometimes
- Don't know

If **YES** or **SOMETIMES**, please complete the table below.

If you have taken more than 8 types of supplement please put the most frequently consumed brands first.

*Example:* If you take one tablet of vitamin C two times a day, please write '2' in the amount-column and tick (✓) the 'once a day' box. Most supplements mention a strength value (in our example 500mg), please write this information in the table.

Supplements				Average frequency for the past year Tick (✓) <b>ONE</b> box per line to show how often on average you took the amount consumed as mentioned in 'amount' column.					
Brand	Name	Strength (strength of the supplement for each tablet or capsule)	Amount (number of tablets, capsules or teaspoons taken in one day)	Never or less than once a month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day
Boots	High strength vitamin C	500mg	2 tablets						✓
<b>EXAMPLE</b>									

Thank you for your help