

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
MEAT AND FISH (medium serving)									
Beef: roast, steak, mince, stew or casserole	1	2	3	4	5	6	7	8	9
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

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BREAD AND SAVOURY BISCUITS (one slice or biscuit)										
White bread and rolls	1	2	3	4	5	6	7	8	9	
Brown bread and rolls										
Wholemeal bread and rolls										
Cream crackers, cheese biscuits										
Crispbread, eg. Ryvita										
CEREALS (one bowl)										
Porridge, Readybrek										
Breakfast cereal such as cornflakes, muesli etc.										
POTATOES, RICE AND PASTA (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	

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DAIRY PRODUCTS AND FATS									
Single or sour cream (tablespoon)	1	2	3	4	5	6	7	8	9
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)									
The following on bread or vegetables									
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, Olivio/ Bertolli, 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

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SWEETS AND SNACKS (medium serving)										
Sweet biscuits, chocolate , eg. digestive (one)	1	2	3	4	5	6	7	8	9	
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										
SOUPS, SAUCES, AND SPREADS										
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	

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DRINKS									
Tea (cup)	1	2	3	4	5	6	7	8	9
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)									
FRUIT									
For seasonal fruits marked *, please estimate your average use when the fruit is in season									
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

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	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	
VEGETABLES Fresh, frozen or tinned (medium serving)										
Carrots	1	2	3	4	5	6	7	8	9	
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 1 No 2
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	<input type="checkbox"/>	Semi-skimmed	<input type="checkbox"/>
Skimmed	<input type="checkbox"/>	Channel Islands, gold	<input type="checkbox"/>
Dried milk	<input type="checkbox"/>	Soya	<input type="checkbox"/>
Other, specify <input type="text"/>		None	<input type="checkbox"/>

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

None	<input type="checkbox"/> 1	Three quarters of a pint	<input checked="" type="checkbox"/> 4
Quarter of a pint	<input type="checkbox"/> 2	One pint	<input checked="" type="checkbox"/> 5
Half a pint	<input checked="" type="checkbox"/> 3	More than one pint	<input checked="" type="checkbox"/> 6

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

Yes 1 No 2

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
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>

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

Select one only

Butter	<input type="checkbox"/>	Solid vegetable fat	<input type="checkbox"/>
Lard/dripping	<input type="checkbox"/>	Margarine	<input type="checkbox"/>
Vegetable oil	<input type="checkbox"/>	None	<input type="checkbox"/>

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	<input type="checkbox"/>	Solid vegetable fat	<input type="checkbox"/>
Lard/dripping	<input type="checkbox"/>	Margarine	<input type="checkbox"/>
Vegetable oil	<input type="checkbox"/>	None	<input type="checkbox"/>

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?

- 1 Yes
- 2 No
- 3 Sometimes
- 7 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 (✓) ONE 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		1	2	3	4	5	✓6

Thank you for your help