

NICOLA NUTRITION

Self-Completion Questionnaire



Participant Unique Reference

(to be completed by nurse)

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Date of completion

(to be completed by nurse)

D	D	/	M	M	/	Y	Y	Y	Y
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Food Frequency Questionnaire

The next set of questions asks about your diet over **the 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.

Example: 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								
BREAD AND SAVOURY BISCUITS (one slice or biscuit)	Never or less than once a month	1-3 per month	Once a week	2-4 times a week	5-6 times a week	Once a day	2-3 times per day	4-5 times per day	6+ times per day
White bread and rolls	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Example: 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 a month	1-3 per month	Once a week	2-4 times a week	5-6 times a week	Once a day	2-3 times per day	4-5 times per day	6+ times per day
POTATOES, RICE AND PASTA (medium serving)									
Chips	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Example: For 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 a month	1-3 per month	Once a week	2-4 times a week	5-6 times a week	Once a day	2-3 times per day	4-5 times per day	6+ times per day
Fruit (1 fruit or medium serving)									
Strawberries, raspberries, Kiwi fruit	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

FOODS & AMOUNT

AVERAGE USE LAST YEAR

	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	2-3 per day	4-5 per day	6+ per day
MEAT & FISH (medium serving)									
Beef; roast, steak, mince, stew or casserole	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
Beef burgers	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
Pork; roast, chops, stew or slices	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
Lamb; roast chops or stew	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
Chicken or other poultry e.g. turkey	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
Bacon	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
Ham	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
Corned beef, Spam, luncheon meats	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
Sausages	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
Savoury pies e.g. meat pie, pork pie, pasties, steak & kidney pie, sausage rolls	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
Liver, liver pate, liver sausage	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
Fried fish in batter (fish & chips)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
Fish fingers, fish cakes	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>

FOODS & AMOUNT	AVERAGE USE LAST YEAR								
	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	2-3 per day	4-5 per day	6+ per day
MEAT & FISH (medium serving)									
Other white fish, fresh or frozen e.g. cod, haddock, plaice, sole, halibut	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
Oily fish, fresh or frozen e.g. mackerel, kippers, tuna, salmon, sardines, herring	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
Shellfish e.g. crab, prawns, mussels	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
Fish roe, taramasalata	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
BREAD & SAVOURY BISCUITS (one slice or biscuit)									
White bread and rolls	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
Brown bread and rolls	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
Wholemeal bread and rolls	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
Cream crackers, cheese biscuits	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
Crispbread e.g. Ryvita	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
CEREALS (one bowl)									
Porridge, Ready Brek	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
Breakfast cereal e.g. corn flakes muesli etc.	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>

FOODS & AMOUNTS

AVERAGE USE LAST YEAR

	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	2-3 per day	4-5 per day	6+ per day
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POTATOES, RICE AND PASTA (medium serving)

Boiled, mashed, instant or jacket potatoes	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
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Chips	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
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Roast potatoes	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
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Potato salad	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
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White rice	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
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Brown rice	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
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White or green pasta e.g. spaghetti, macaroni, noodles	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
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Wholemeal pasta	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
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Lasagne, moussaka	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
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Pizza	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
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Pizza	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
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DAIRY PRODUCTS AND FATS

Single or sour cream (tablespoon)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
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Double or clotted cream (tablespoon)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
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Low fat yoghurt, fromage frais (125g carton)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
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FOODS & AMOUNTS		AVERAGE USE LAST YEAR								
DAIRY PRODUCTS AND FATS	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	2-3 per day	4-5 per day	6+ per day	
Full fat or Greek yoghurt (125g carton)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>	
Dairy desserts (125g carton)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>	
Cheese e.g. cheddar, brie, edam (medium serving)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>	
Cottage cheese, low fat soft cheese (medium serving)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>	
Eggs as boiled, fried, scrambled etc. (one)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>	
Quiche (medium serving)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>	
Low Calorie, low fat salad cream (tablespoon)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>	
Salad cream, mayonnaise (tablespoon)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>	
Other salad dressing (tablespoon)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>	
French dressing (tablespoon)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>	
THE FOLLOWING ON BREAD OR VEGETABLES										
Butter (teaspoon)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>	
Block margarine e.g. Stork, Krona (teaspoon)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>	
Polyunsaturated margarine (tub) e.g. Flora, sunflower (teaspoon)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>	

FOODS & AMOUNT	AVERAGE USE LAST YEAR									
	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	2-3 per day	4-5 per day	6+	per day
DAIRY PRODUCTS AND FATS										
Other soft margarine, dairy spreads (tub), e.g. Blue Band, Clover (teaspoon)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>	
Low fat spread (tub) e.g. Outline, Gold (teaspoon)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>	
Very low fat spread (tub) (teaspoon)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>	
SWEETS OR SNACKS										
Sweet biscuits, chocolate e.g. digestive (one)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>	
Sweet biscuits, plain e.g. Nice, ginger (one)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>	
Cakes e.g. fruit, sponge (home baked)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>	
Cakes e.g. fruit, sponge (ready-made)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>	
Buns, pastries e.g. scones, flap jacks (home baked)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>	
Buns, pastries e.g. croissants, doughnut (ready-made)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>	
Fruit pies, tarts, crumbles (home baked)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>	
Fruit pies, tarts, crumbles (ready-made)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>	
Sponge puddings (home baked)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>	
Sponge puddings (ready-made)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>	

FOODS & AMOUNT	AVERAGE USE LAST YEAR								
	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	2-3 per day	4-5 per day	6+ per day
DAIRY PRODUCTS AND FATS									
Milk puddings, e.g. rice, custards, trifle	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
Ice cream, choc ices	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
Chocolates, single or squares	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
Chocolate snack bars e.g. Mars, Crunchie	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
Sweets, toffees, mints	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
Sugar added to tea, coffee, cereal (teaspoon)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
Crisps or other packet snacks e.g. Wotsits	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
Peanuts or other nuts	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
SOUPS, SAUCES AND SPREADS									
Vegetable soups (bowl)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
Meat soups (bowl)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
Sauces e.g. white, cheese, gravy (tablespoon)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
Tomato ketchup (tablespoon)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
Pickles, chutney (tablespoon)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>

FOODS & AMOUNTS

AVERAGE USE LAST YEAR

	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	2-3 per day	4-5 per day	6+ per day
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Marmite, Bovril (teaspoon)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
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Jam, marmalade, honey (teaspoon)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
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Peanut butter	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
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DRINKS

Tea (cup)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
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Coffee - instant or ground (cup)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
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Coffee - decaffeinated (cup)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
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Coffee whitener e.g. coffee-mate (teaspoon)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
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Cocoa, hot chocolate (cup)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
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Horlicks, Ovaltine (cup)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
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Wine (glass)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
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Beer, lager or cider (half pint)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
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Port, sherry, vermouth, liqueurs (glass)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
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Spirits e.g. gin, brandy, whisky, vodka (single)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
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FOODS & AMOUNTS	AVERAGE USE LAST YEAR								
	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	2-3 per day	4-5 per day	6+ per day
DRINKS									
Low calorie or diet fizzy soft drinks (glass)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
Fizzy soft drinks e.g. Coca Cola, lemonade (glass)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
Pure fruit juice (100%) e.g. orange, apple juice (glass)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
Fruit squash or cordial (glass)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
FRUIT - for seasonal fruits marked *, please estimate your average use when the fruit is in season									
Apples (1 fruit)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
Pears (1 fruit)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
Oranges, Satsuma's, mandarins (1 fruit)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
Grapefruit (1 fruit)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
Bananas (1 fruit)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
Grapes (medium serving)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
Melon (1 slice)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
*Peaches, plums, apricots (1 fruit)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
*Strawberries, raspberries, kiwi fruit (medium serving)	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>

FOODS & AMOUNTS		AVERAGE USE LAST YEAR								
		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	2-3 per day	4-5 per day	6+ per day
FRUIT										
Tinned fruit (medium serving)	0	1	2	3	4	5	6	7	8	
Dried fruit e.g. raisins, prunes (medium serving)	0	1	2	3	4	5	6	7	8	
VEGETABLES - Fresh, frozen or tinned (medium serving)										
Carrots	0	1	2	3	4	5	6	7	8	
Spinach	0	1	2	3	4	5	6	7	8	
Broccoli, spring greens, kale	0	1	2	3	4	5	6	7	8	
Brussel sprouts	0	1	2	3	4	5	6	7	8	
Cabbage	0	1	2	3	4	5	6	7	8	
Peas	0	1	2	3	4	5	6	7	8	
Green bean, broad beans, runner beans	0	1	2	3	4	5	6	7	8	
Marrow, courgettes	0	1	2	3	4	5	6	7	8	
Cauliflower	0	1	2	3	4	5	6	7	8	
Parsnips, turnips, swedes	0	1	2	3	4	5	6	7	8	
Leeks	0	1	2	3	4	5	6	7	8	

FOODS & AMOUNTS	AVERAGE USE LAST YEAR								
	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	2-3 per day	4-5 per day	6+ per day
VEGETABLES - Fresh, frozen or tinned (medium serving)									
Onions	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
Garlic	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
Mushrooms	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
Sweet peppers	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
Beansprouts	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
Green salad, lettuce, cucumber, celery	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
Watercress	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
Tomatoes	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
Sweetcorn	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
Beetroot	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
Coleslaw	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
Avocado	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
Baked Beans	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
Dried lentils, beans, peas	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>
Tofu, soya meat, TVP, veggieburger	0 <input type="text"/>	1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>	6 <input type="text"/>	7 <input type="text"/>	8 <input type="text"/>

Are there any **OTHER** foods which you eat more than once a week?

Yes	<input type="text"/>	No	<input type="text"/>
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If **YES**, please list below:

FOOD	Usual serving size e.g. small, medium, large or teaspoon	Number of time eaten each week

What type of milk do you most often use? Select **ONE**

Full
cream

Skimmed

Semi-
skimmed

Dried
Milk

Soya

Channel
Islands

None

1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>
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OTHER (please specify): _____

How much milk do you drink each day, including milk with tea, coffee, cereals etc.? Select **ONE**

None

Quarter
of a pint

Half
a pint

Three
quarters
of a pint

One
Pint

More
than a
pint

1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>
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Do you usually eat breakfast cereal (excluding porridge & Ready Brek)?

Yes	1 <input type="checkbox"/>	No	2 <input type="checkbox"/>
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If **YES**, which brand and type of breakfast cereal, including muesli, do you usually eat?

List the one or two types most often used

Brand e.g. Kellogg's	Type e.g. cornflakes

What kind of fat do you most often use for frying, roasting, grilling etc.? Select **ONE**

Butter	Margarine	Vegetable oil	Solid vegetable fat	Lard/dripping	None
1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>

If you used vegetable oil, please give the name or type e.g. corn, sunflower:

<input type="text"/>

What kind of fat do you most often use for baking cakes etc.?
Select **ONE**

Butter	Margarine	Vegetable oil	Solid vegetable fat	Lard/dripping	None
1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>

If you use margarine, please give the name or type e.g. Flora, Stork:

How often do 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
1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>

How often do you eat fried food away from home?

Daily	1-3 times a week	4-6 times a week	Less than once a week	Never
1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>

What do you usually do with the visible fat on your meat?

Eat most of the fat	Eat some of the fat	Eat as little as possible	Did not eat meat
1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>

How often do you eat grilled or roast meat?

Times a week	<input type="text"/> <input type="text"/>
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How well-cooked do you usually have grilled or roast meat?

Well done/ dark brown	Medium	Lightly cooked rare	Do not eat meat
1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>

How often do you add salt to food while cooking?

Always	Usually	Sometimes	Rarely	Never
1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>	5 <input type="text"/>

Do you regularly use a salt substitute?

Yes	1	<input type="text"/>	No	2	<input type="text"/>
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If **YES**, which brand?

<input type="text"/>

During the course of last year, on average, how many times a week do you eat the following food?

Food Type	Times per 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 one 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

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

Yes

No

Sometimes

Don't know

1 <input type="text"/>	2 <input type="text"/>	3 <input type="text"/>	4 <input type="text"/>
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If **YES** or **SOMETIMES**, please complete the table overleaf.

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

Example:

Most supplements mention a DOSE/STRENGTH value (e.g. 500mg); please write this information in the table i.e.

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.

Supplements			Average frequency for the past year. Tick ONE box per line to show how often on average you take the amount consumed as mentioned in 'amount' column.						
Brand name	Dose (what is the strength of each tablet or capsule as per label?)	Amount (How many tablets, capsules or teaspoons do you take in one day)	Never	Less than once per month	1-3 Per week	2-4 Per week	5-6 Per week	Once a day	
<input type="text"/>	<input type="text"/> <input type="text"/>	<input type="text"/>	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	
<input type="text"/>	<input type="text"/> <input type="text"/>	<input type="text"/>	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	
<input type="text"/>	<input type="text"/> <input type="text"/>	<input type="text"/>	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	
<input type="text"/>	<input type="text"/> <input type="text"/>	<input type="text"/>	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	
<input type="text"/>	<input type="text"/> <input type="text"/>	<input type="text"/>	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	
<input type="text"/>	<input type="text"/> <input type="text"/>	<input type="text"/>	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	
<input type="text"/>	<input type="text"/> <input type="text"/>	<input type="text"/>	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	

Do you avoid specific foods because of allergy or other health problems?

Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
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If **YES**, which food(s) do you avoid? (PLEASE LIST)

Are you following a special diet?

Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
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If **YES**: what type of diet are you on? (Tick **any** that apply)

Diabetic Diet	Weight Reduction Diet	Weight Gain Diet	Low Fat Diet	Cholesterol Diet	Other Medical Diet	Other Diet
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	2	3	4	5	6	7

Was this diet recommended or prescribed to you by a doctor, nurse or dietician or other medical practitioner?

Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
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Do you find it difficult to follow this special diet?

Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
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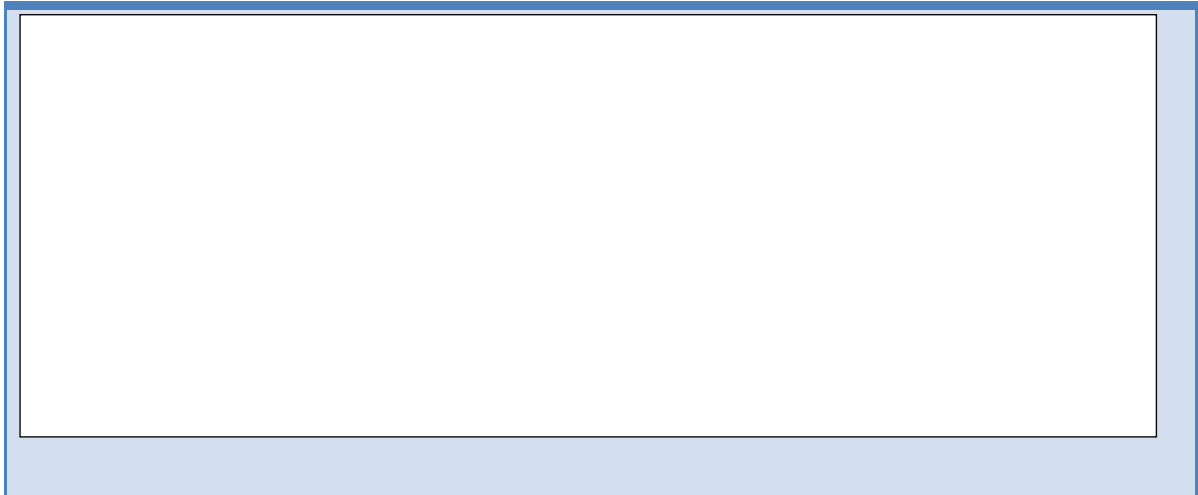
If **YES**, can you tell us why you find it difficult?

Do you describe yourself as vegetarian or vegan?

Vegetarian	<input type="checkbox"/>	Vegan	<input type="checkbox"/>	Neither	<input type="checkbox"/>
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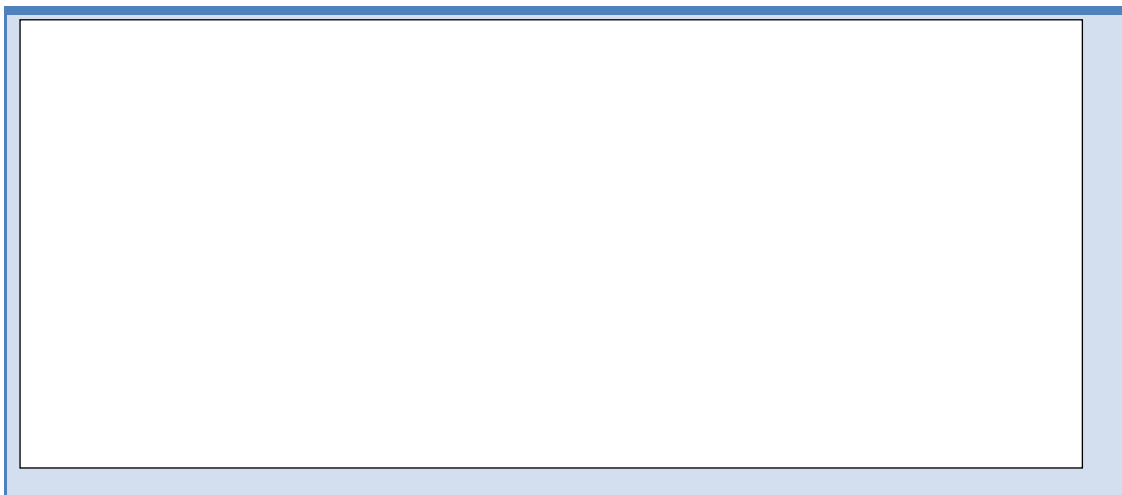
Who does the main food shopping in your household?

List **all** that apply.



Who does all the cooking in your household?

List **all** that apply.



How many meals do you usually eat each day?

How many of these meals are hot meals?

How many snacks do you usually eat per day?

Date of completion

D	D	/	M	M	/	Y	Y	Y	Y
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Thank you very much for taking the time to answer our questions