

FOOD FREQUENCY QUESTIONNAIRE

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

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. If you have any problems with the questions please ask one of the staff.

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

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								
BREAD AND SAVOURY BISCUITS (one slice or biscuit)	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
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								
POTATOES, RICE AND PASTA (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
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								
FRUIT (1 fruit or 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
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								
MEAT AND FISH (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
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									
Corried 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
BREAD AND SAVORY BISCUITS (one slice or biscuit)										
White bread and rolls										
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,										
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**

PLEASE PUT A TICK (✓) ON EVERY LINE

FOODS AND AMOUNTS	AVERAGE USE LAST YEAR								
DAIRY PRODUCTS AND FACTS (one slice or biscuit)	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
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)									
The following on bread or vegetables									
Butter (teaspoon)									
Hard margarine, eg. Stork, Krona (teaspoon)									
Polyunsaturated margarine, eg. Flora, sunflower (teaspoon)									
Other soft margarine, eg. Blue Band, Stork S.B. (teaspoon)									
Low fat spread, eg. Outline, Gold									
Very low fat spread (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								
SWEET AND SNACKS (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
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									
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

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

PLEASE PUT A TICK (✓) ON EVERY LINE

FOODS AND AMOUNTS		AVERAGE USE LAST YEAR							
DRINKS	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
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)									
FRUIT (1 fruit or medium serving)									
For very seasonal fruits such as strawberries, please estimate your average use when the fruit is in season									
Apples									
Pears									
Oranges, satsumas, mandarins									
Grapefruit									
Bananas									
Grapes									
Melon									
Peaches, plums, apricots									
Strawberries, raspberries, kiwi fruit									
Tinned fruit									
Dried fruit, eg. raisins, prunes									
	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
VEGETABLES									
Fresh, frozen or tinned (medium serving)									
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, Vegeburge									
	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

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

Select one only Full cream, silver

Semi-skimmed, red/white

Skimmed/blue

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?

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

Type

<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

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 vegetable oil, please give type eg. corn, sunflower

Thank you for your help

