

CONFIDENTIAL

# 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**

ELY/PQ/3/607

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<br>(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<br>(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<br>(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         |               |             |                |              |            |             |             |            |
|--|-------------------------------|---------------|-------------|----------------|--------------|------------|-------------|-------------|------------|
|  | 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><br>(medium servingt)  |                               |               |             |                |              |            |             |             |            |
| 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 SAVORY BISCUITS</b><br>(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 ricet  |                               |               |             |                |              |            |             |             |            |
| 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         |               |             |                |              |            |             |             |            |
|--|-------------------------------|---------------|-------------|----------------|--------------|------------|-------------|-------------|------------|
|  | 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 FACTS</b><br>(one slice or biscuit)  |                               |               |             |                |              |            |             |             |            |
| 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)t                              |                               |               |             |                |              |            |             |             |            |
| Other salad dressing (tablespoon)                          |                               |               |             |                |              |            |             |             |            |
| <b>The following on bread or vegetables</b>                |                               |               |             |                |              |            |             |             |            |
| 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         |               |             |                |              |            |             |             |            |
|---|-------------------------------|---------------|-------------|----------------|--------------|------------|-------------|-------------|------------|
|   | 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>SWEET AND SNACKS</b><br>(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          |                               |               |             |                |              |            |             |             |            |
| 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 |
| 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 (1 fruit or medium serving)</b><br><b>For very seasonal fruits such as strawberries, please estimate your average use when the fruit is in season</b> |                               |               |             |                |              |            |             |             |            |
| 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 |
| <b>VEGETABLES</b><br>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 |
|----------------------|----------------------|---------------------------------|
| <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, 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**



8. How often did you eat food that was fried at home?

|                  |                          |                       |                          |
|------------------|--------------------------|-----------------------|--------------------------|
| Daily            | <input type="checkbox"/> | 1-3 times a week      | <input type="checkbox"/> |
| 4-6 times a week | <input type="checkbox"/> | Less than once a week | <input type="checkbox"/> |

9. How often did you eat fried food away from home?

|                  |                          |                       |                          |
|------------------|--------------------------|-----------------------|--------------------------|
| Daily            | <input type="checkbox"/> | 1-3 times a week      | <input type="checkbox"/> |
| 4-6 times a week | <input type="checkbox"/> | Less than once a week | <input type="checkbox"/> |

10. What did you do with the visible fat on your meat?

|                     |                          |                           |                          |
|---------------------|--------------------------|---------------------------|--------------------------|
| Ate most of the fat | <input type="checkbox"/> | Ate as little as possible | <input type="checkbox"/> |
| Ate some of the fat | <input type="checkbox"/> | Did not eat meat          | <input type="checkbox"/> |

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 | <input type="checkbox"/> | Lightly cooked/rare | <input type="checkbox"/> |
| Medium                | <input type="checkbox"/> | Did not eat meat    | <input type="checkbox"/> |

13. How often did you add salt to food while cooking?

|           |                          |        |                          |
|-----------|--------------------------|--------|--------------------------|
| Always    | <input type="checkbox"/> | Rarely | <input type="checkbox"/> |
| Usually   | <input type="checkbox"/> | Never  | <input type="checkbox"/> |
| Sometimes | <input type="checkbox"/> |        |                          |

14. How often did you add salt to any food at the table?

|           |                          |        |                          |
|-----------|--------------------------|--------|--------------------------|
| Always    | <input type="checkbox"/> | Rarely | <input type="checkbox"/> |
| Usually   | <input type="checkbox"/> | Never  | <input type="checkbox"/> |
| Sometimes | <input type="checkbox"/> |        |                          |

15. Did you regularly use a salt substitute (eg LoSalt)?

Yes  No

If yes, which brand?

16. Have you taken any vitamins, minerals, fish oils, fibre or other food supplements during the past year? Yes  No

If yes, list brand and daily dose

| Name and brand of supplements | Daily dose           |
|-------------------------------|----------------------|
| <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"/> |





***Thank you for your help***





**Produced by:** MeDesign (01865 426219) Ref: ELY/PQ/3/607

