DATE $\qquad$
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## EATING HABITS QUESTIONNAIRE

1. What kind of bread do you usually eat

- white
- brown, granary, wheatmeal
- wholemeal
- other kind (please specify)
- no usual type
- do not know
- do not eat bread


2. What do you usually spread on bread?

- butter
- hard/block margarine
- soft margarine
- reduced fat spread
- low fat spread
- no usual type
- do not know
- do not spread fat on bread


3. How much do you usually eat in a day?

- slices of bread/rolls
- biscuits (including chocolate biscuits)
- cakes, scones, sweet pies and pastries

| less <br> than 1 | 1 | $2-3$ | $4-5$ | 6 or <br> more |
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4. What kind of milk do you usually use for drinks in tea or coffee and on cereals etc?

- whole milk
- semi-skimmed
- skimmed
- other kind (please specify)
- no usual type
- do not know
- do not drink milk


5. Do you usually take sugar in:
(a) tea
(b) coffee

DO NOT DRINK TEA/COFFEE

6. At table do you:

- generally add salt to food without tasting first
- taste food and then generally add salt
- taste food but only occasionally add salt
- rarely or never add salt at table


7. Which type of breakfast cereal do you normally eat?

- high fibre (eg All Bran, Branflakes, Shredded Wheat, Muesli, Porridge, Weetabix - other (eg Cornflakes, Rice Krispies, Special K, Sugar Puffs, Honey Snacks
- no usual type
- do not eat breakfast cereal

8. How often do you eat these foods

|  | 6+ times per day | 4-5 <br> times <br> per <br> day | 2-3 <br> times <br> per <br> day | once per day | 5-6 <br> times <br> per <br> week | 2-4 <br> times <br> per <br> week | once per week | 1-3 <br> times <br> per month | Less <br> than <br> once <br> per <br> month |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Breakfast cereal |  |  |  |  |  |  |  |  |  |
| Fresh fruit |  |  |  |  |  |  |  |  |  |
| Cooked green vegetables (fresh or frozen) |  |  |  |  |  |  |  |  |  |
| Cooked root vegetables (fresh or frozen) |  |  |  |  |  |  |  |  |  |
| Raw vegetables or salad (including tomatoes) |  |  |  |  |  |  |  |  |  |
| Chips |  |  |  |  |  |  |  |  |  |
| Potatoes, pasta, rice |  |  |  |  |  |  |  |  |  |
| Meat |  |  |  |  |  |  |  |  |  |
| Meat products |  |  |  |  |  |  |  |  |  |
| Poultry |  |  |  |  |  |  |  |  |  |
| White fish |  |  |  |  |  |  |  |  |  |
| Oil rich fish |  |  |  |  |  |  |  |  |  |
| Cheese |  |  |  |  |  |  |  |  |  |
| Beans or pulses |  |  |  |  |  |  |  |  |  |
| Sweets, chocolates |  |  |  |  |  |  |  |  |  |
| Ice cream |  |  |  |  |  |  |  |  |  |
| Crisps, savoury snacks |  |  |  |  |  |  |  |  |  |
| Fruit juice (NOT squash) |  |  |  |  |  |  |  |  |  |
| Soft/fizzy drinks |  |  |  |  |  |  |  |  |  |
| Cakes, scones, sweet pies or pastries |  |  |  |  |  |  |  |  |  |
| biscuits |  |  |  |  |  |  |  |  |  |

9. In summary:
(a) how many times do you eat fruit and vegetables or pure fruit juice

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| per day OR $\quad \square$ |
|  |

(b) how many times do you eat oil rich fish

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| per day OR $\quad \square$ |

(c) how many times do you eat sweets, chocolates, cakes, scones, sweet pies, pastries or biscuits

| $\square$ |
| :--- |
| per day OR $\quad \square$ |
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