DATE				

STUDY	NUMBER

EATING HABITS QUESTIONNAIRE

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	
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	
How much do you usually eat in a day? - slices of bread/rolls - biscuits (including chocolate biscuits) - cakes, scones, sweet pies and pastries	less than 1 2-3 4-5 6 or more
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	
	- white - brown, granary, wheatmeal - wholemeal - other kind (please specify) - no usual type - do not know - do not eat bread 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 How much do you usually eat in a day? - slices of bread/rolls - biscuits (including chocolate biscuits) - cakes, scones, sweet pies and pastries 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

5.	Do you usually take sugar in: (a) tea (b) coffee DO NOT DRINK TEA/COFFEE	YES	NO		
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	YES	NO		
7.	Which type of breakfast cereal do you normally eat? - high fibre (eg All Bran, Branflakes, Shredded Whe - other (eg Cornflakes, Rice Krispies, Special K, Sug - no usual type - do not eat breakfast cereal	at, Mues		_	

8. How often do you eat these foods

9.

	6+ times per day	4-5 times per day	2-3 times per day	once per day	5-6 times per week	2-4 times per week	once per week	1-3 times per month	Less than once per 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									

In summary: (a) how many times do you eat fruit and vegetables or pure fruit juice
per day OR per week OR per month
(b) how many times do you eat oil rich fish
per day OR per week OR per month
(c) how many times do you eat sweets, chocolates, cakes, scones, sweet pies, pastries or biscuits
per day OR per week OR per month