

FOOD FREQUENCY QUESTIONNAIRE

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

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

PLEASE COMPLETE USING BLACK INK/PEN

Date of birth:

Please enter: M if you are Male
F if you are Female

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.

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								
	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 SAVOURY BISCUITS (one slice or biscuit)									
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								
	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
POTATOES, RICE AND PASTA (medium serving)									
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								
	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
FRUIT (1 fruit or medium serving)									
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	
MEAT AND FISH (medium serving)										
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	
BREAD AND SAVOURY 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, macaroni, noodles										
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

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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	
DAIRY PRODUCTS AND FATS										
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)										
Block or hard margarine, eg. Stork, Krona (teaspoon)										
Polyunsaturated margarine, eg. Flora, sunflower, soya spreads (teaspoon)										
Soft margarines,including olive oil based and dairy spreads, eg. Blue Band, Clover (teaspoon)										
Low fat spreads (less than 60% fat), eg. Outline, Gold (teaspoon)										
Very low fat spread (less than 30% fat) (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

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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	
SWEETS AND SNACKS (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										
Buns, pastries eg. croissants, doughnuts, ready made										
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

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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	
DRINKS										
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										
For seasonal fruits marked *, please estimate your average use when the fruit is in season										
Apples (1 fruit)										
Pears (1 fruit)										
Oranges, satsumas, mandarins (1 fruit)										
Grapefruit (half)										
Bananas (1 fruit)										
Grapes (medium serving)										
Melon (1 slice)										
* Peaches, plums, apricots (1 fruit)										
* Strawberries, raspberries, kiwi fruit (medium serving)										
Tinned fruit (medium serving)										
Dried fruit, eg. raisins, prunes (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	

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

PLEASE PUT A TICK (✓) ON EVERY LINE

FOODS AND AMOUNTS	AVERAGE USE LAST YEAR								
VEGETABLES Fresh, frozen or tinned (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
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, Vegeburger									
	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/whole

Semi-skimmed

Skimmed

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 (excluding porridge and Ready Brek mentioned earlier)?

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 e.g. Kellogg's

Type e.g. cornflakes

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 margarine, please give name or type eg. Flora, Stork

8. How often did 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
9. How often did you eat fried food away from home?
 Daily 1-3 times a week 4-6 times a week
 Less than once a week Never
10. What did you do with the visible fat on your meat?
 Ate most of the fat Ate as little as possible
 Ate some of the fat Did not eat meat
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 Lightly cooked/rare
 Medium Did not eat meat
13. How often did you add salt to food while cooking?
 Always Rarely
 Usually Never
 Sometimes
14. How often did you add salt to any food at the table?
 Always Rarely
 Usually Never
 Sometimes
15. Did you regularly use a salt substitute (eg LoSalt)? Yes No
 If **YES**, which brand?
16. During the course of last year, on average, how many times a week did you eat the following foods?
- | Food type | Times/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 1 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 |

