

Appendix: Salt intake questionnaire

NUTRITIONAL AND LIFESTYLE HABITS The following questions are about your dietary and life-style habits. All your answers will be strictly confidential	<i>Office use</i>		
	Study number: 3		

During the **PAST 7 days (1 week)** did you eat any of the following? IF YES, ASK HOW OFTEN
 (if no, circle never) [DO NOT PROMPT THE ANSWER OPTIONS BELOW]

Food item	NEVER	1-3 times per week	4-6 times per week	1 time a day	2 times a day	3+ times a day	
White bread / white bread rolls	0	1	2	3	4	5	4
Brown /wholewheat bread / Rolls	0	1	2	3	4	5	
Breakfast Cereal (processed)	0	1	2	3	4	5	
Breakfast Cereal (minimally processed - weetbix, muesli, etc.)	0	1	2	3	4	5	
Crackers (ProVita etc)	0	1	2	3	4	5	
Cookies, biscuits,rusks	0	1	2	3	4	5	
Cake / scone / muffin / puddings / pancake / fruit pie / koeksister	0	1	2	3	4	5	
Roti / samoosa / springroll / doughnut	0	1	2	3	4	5	
Pizza	0	1	2	3	4	5	
Pasta/noodle dishes with cheese sauces (macaroni cheese, lasagne, noodle salad etc.)	0	1	2	3	4	5	
Popcorn	0	1	2	3	4	5	
Crisps (Simba and Niknaks etc.)	0	1	2	3	4	5	
Beef sausage (<i>boerewors</i>)	0	1	2	3	4	5	
<i>Polony</i> /salami / bacon / salami / pork sausages (processed meat, cooked, smoked and canned)	0	1	2	3	4	5	
Meat or chicken pies/sausage rolls	0	1	2	3	4	5	20
Chicken - battered (KFC etc). and chicken burger only	0	1	2	3	4	5	
Meat and meat dishes (steaks, minced meat, cottage pie, mince, meatballs, stew, bobotie, etc.)	0	1	2	3	4	5	
Gravy, made with stock or gravy powder	0	1	2	3	4	5	
Biltong/dry <i>wors</i> /fish biltong	0	1	2	3	4	5	
Milk (all types, also dairy fruit juice, malted milk, milk shakes)	0	1	2	3	4	5	
<i>Maas</i> (fermented milk)	0	1	2	3	4	5	
Cheese	0	1	2	3	4	5	
Yoghurt	0	1	2	3	4	5	
Eggs	0	1	2	3	4	5	
Tinned fish (pilchards/tuna, etc.)	0	1	2	3	4	5	
Other fish and seafood	0	1	2	3	4	5	
Potato chips/french fries and potato salad	0	1	2	3	4	5	
Canned vegetables, incl. Baked beans, tomato paste, sweetcorn, etc.	0	1	2	3	4	5	
Soup (all types)	0	1	2	3	4	5	

Food item	<i>NEVER</i>	1-3 times per week	4-6 times per week	1 time a day	2 times a day	3+ times a day		
Salad dressing/mayonnaise	0	1	2	3	4	5		
Ice cream (all types)	0	1	2	3	4	5		
Margarines, all types, also butter	0	1	2	3	4	5		
Chutney / atchar / chakalaka / Worcester sauce	0	1	2	3	4	5		
Savoury sauces (mushroom, monkey gland, white, cheese)	0	1	2	3	4	5		
Tomato sauce	0	1	2	3	4	5		
Salt	0	1	2	3	4	5		
Aromat / Fondor /mustard	0	1	2	3	4	5		
Peanuts	0	1	2	3	4	5		
Peanut butter	0	1	2	3	4	5		
Marmite/Bovril	0	1	2	3	4	5		
Chocolate sweets and sauce	0	1	2	3	4	5		
Beer and cider	0	1	2	3	4	5		