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	1	2-3	4-5	6 or
than 1				more

- 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	

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 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

eat these foods		T	T	<u>.</u>		<u>.</u>	<u>.</u>		
	6+	4-5	2-3	once	5-6	2-4	once	1-3	Less
	times	times	times	per	times	times	per	times	than
	per	per	per	day	per	per	week	per	once
	day	day	day	•	week	week		month	per
		2	2						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 man	y times c	lo you ea	t fruit an	d vegetab	oles or pu	re fruit jı	uice		
	_								
	per o	lay OR		per	week Ol	R	per n	nonth	

(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
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