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

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

<table>
<thead>
<tr>
<th>Food Type</th>
<th>6+ times per day</th>
<th>4-5 times per day</th>
<th>2-3 times per day</th>
<th>once per day</th>
<th>5-6 times per week</th>
<th>2-4 times per week</th>
<th>once per week</th>
<th>1-3 times per month</th>
<th>Less than once per month</th>
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<td>Breakfast cereal</td>
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<td>Cooked green vegetables (fresh or frozen)</td>
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<td>Cooked root vegetables (fresh or frozen)</td>
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<td>Raw vegetables or salad (including tomatoes)</td>
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<td>Chips</td>
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<td>Potatoes, pasta, rice</td>
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<td>Meat products</td>
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<td>Oil rich fish</td>
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<td>Cheese</td>
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<td>Beans or pulses</td>
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<td>Sweets, chocolates</td>
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<td>Ice cream</td>
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<td>Crisps, savoury snacks</td>
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<td>Fruit juice (NOT squash)</td>
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<td>Soft/fizzy drinks</td>
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<td>Cakes, scones, sweet pies, pastries, biscuits</td>
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9. 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