

FFQ(FOOD FREQUENCY QUESTIONNAIRE)



FLUIDS									
	NEVER/LESS THAN ONCE A MONTH	1-3 X PER MONTH	ONCE A WEEK	2-4 X PER WEEK	5+ PER WEEK	ONCE A DAY	2-3 X PER DAY	4-5 X PER DAY	6+ PER DAY
TEA									
COFFEE									
HORLICKS									
HOT CHOCOLATE									
WATER (GLASS)									
SQUASH									
FRUIT JUICE (100%)									
FIZZY DRINKS									
DIET DRINKS									
SPIRITS									
WINE									
BEER/LAGER									
CIDER									
LIQUERS									
ENERGY									

DO YOU USE MILK OR CREAM WITH TEA/COFFEE?

CREAM (FULL FAT)	1/2 FAT CREAM	WHOLE MILK	S/S MILK	SKIMMED MILK
OTHER (PLEASE SP	ECIFY)			

DO YOU TAKE SUGAR OR A SUGAR ALTERNATIVE WITH TEA/COFFEE?

NO	1/2 TEASPOON	1 TEASPOON	2 TEASPOONS	3+ TEASPOONS	
SWE	ETENER/OTHER (PLE	EASE SPECIFY)			



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FATS/DAIRY										
	NEVER/LESS THAN ONCE A MONTH	1-3 X PER MONTH	ONCE A WEEK	2-4 X PER WEEK	5+ PER WEEK	ONCE A DAY	2-3 X PER DAY	4-5 X PER DAY	6+ PER DAY	
YOGHURT										
LOW FAT SPREAD										
BUTTER										
MARGARINE										
EGGS										
OILS										
CHEESE										
ICE CREAM										
PUDDINGS										
OTHER										

FRUITS										
	NEVER/LESS THAN ONCE A MONTH	1-3 X PER MONTH	ONCE A WEEK	2-4 X PER WEEK	5+ PER WEEK	ONCE A DAY	2-3 X PER DAY	4-5 X PER DAY	6+ PER DAY	
ORANGES										
APPLES										
ТОМАТО										
GRAPES										
STRAWBERRIES										
BANANAS										
PEARS										
CHERRIES										
PINEAPPLE										
OTHER										
TINNED FRUIT										

DO YOU HAVE TINNED FRUIT IN SYRUP?YES NO

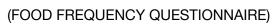
DO YOU HAVE TINNED FRUIT IN JUICE?

YES

NO



FFQ





VEGETABLES (FRESH/FROZEN OR TINNED)									
	NEVER/LESS THAN ONCE A MONTH	1-3 X PER MONTH	ONCE A WEEK	2-4 X PER WEEK	5+ PER WEEK	ONCE A DAY	2-3 X PER DAY	4-5 X PER DAY	6+ PER DAY
POTATOES									
PEPPERS									
LETTUCE									
BROCCOLI									
SPINACH									
CARROTS									
CORN									
PEAS									
SQUASH									
COURGETTE									
GREEN BEANS									
BEETS									
OTHER									

SNACKS									
	NEVER/LESS THAN ONCE A MONTH	1-3 X PER MONTH	ONCE A WEEK	2-4 X PER WEEK	5+ PER WEEK	ONCE A DAY	2-3 X PER DAY	4-5 X PER DAY	6+ PER DAY
PIES									
SAUSAGE ROLLS									
CAKE									
BISCUITS									
CHOCOLATE									
CRISPS									
NUTS									
DOUGHNUTS									
COOKIES									
SWEETS/CANDY									
JELLY									
OTHER									



FFQ





			MEAT&F	ISH					
	NEVER/LESS THAN ONCE A MONTH	1-3 X PER MONTH	ONCE A WEEK	2-4 X PER WEEK	5+ PER WEEK	ONCE A DAY	2-3 X PER DAY	4-5 X PER DAY	6+ PER DAY
TUNA (FRESH)									
TUNA (TINNED)									
MACKREL									
SALMON									
COD									
BATTERED FISH									
SARDINES									
TROUT									
HERRING									
BURGER									
SAUSAGES									
BACON									
POULTRY									
НАМ									
BEEF									
LAMB									
COLD CUTS									
HOT DOGS									
OTHER									

TAKE AWAYS									
	NEVER/LESS THAN ONCE A MONTH	1-3 X PER MONTH	ONCE A WEEK	2-4 X PER WEEK	5+ PER WEEK	ONCE A DAY	2-3 X PER DAY	4-5 X PER DAY	6+ PER DAY
CHINESE/INDIAN									
McD'S/KFC									
FISH & CHIPS									
KEBAB									
PIZZA									
OTHER									



FFQ





GRAINS/CEREALS									
	NEVER/LESS THAN ONCE A MONTH	1-3 X PER MONTH	ONCE A WEEK	2-4 X PER WEEK	5+ PER WEEK	ONCE A DAY	2-3 X PER DAY	4-5 X PER DAY	6+ PER DAY
BREAD									
BAGELS/ MUFFINS/ROLLS									
WAFFLES/ PANCAKES									
MUFFINS									
TORTILLAS									
CRACKERS									
PASTA									
RICE									
NOODLES									
QUINOA									
cous cous									
CEREALS									
MUSELI									
GRANOLA									
OATS									
READY BREK									
HIGH FIBRE									
CRUMPETS									
OTHER									

OTHER										
	NEVER/LESS THAN ONCE A MONTH	1-3 X PER MONTH	ONCE A WEEK	2-4 X PER WEEK	5+ PER WEEK	ONCE A DAY	2-3 X PER DAY	4-5 X PER DAY	6+ PER DAY	
DIET SHAKES										
PROTEIN SHAKE										
PROTEIN BARS										
READY MEALS										
SUPPLEMENTS										