



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 SPECIFY) _____

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

NO 1/2 TEASPOON 1 TEASPOON 2 TEASPOONS 3+ TEASPOONS

SWEETENER/OTHER (PLEASE 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									
TOMATO									
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

