

NUTRITION SURVEY

This is a survey, not a test. Your answers will help identify which dietary advice people find confusing.

It is important that you complete it by yourself.

Your answers will remain anonymous.

If you do not know the answer, mark “not sure” rather than guess.

Thank you for your time.

The first few items are about what advice you think experts are giving us.

1. Do you think health experts recommend that people should be eating more, the same amount, or less of these foods? (*tick one box per food*)

	More	Same	Less	Not Sure
Vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sugary foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Meat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Starchy foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fatty foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
High fibre foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fruit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Salty foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2. How many servings of fruit and vegetables a day do you think experts are advising people to eat? (One serving could be, for example, an apple or a handful of chopped carrots)

✍ _____

3. Which fat do experts say is most important for people to cut down on? (*tick one*)

- (a) monounsaturated fat
 (b) polyunsaturated fat
 (c) saturated fat
 (d) not sure

4. What version of dairy foods do experts say people should eat? (*tick one*)

- (a) full fat
 (b) lower fat
 (c) mixture of full fat and lower fat
 (d) neither, dairy foods should be cut out
 (e) not sure

Experts classify foods into groups. We are interested to see whether people are aware of what foods are in these groups.

1. Do you think these are high or low in added sugar? (*tick one box per food*)

	High	Low	Not Sure
Bananas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Unflavoured yoghurt	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ice-cream	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Orange squash	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tomato ketchup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tinned fruit in natural juice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2. Do you think these are high or low in fat? (*tick one box per food*)

	High	Low	Not Sure
Pasta (without sauce)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Low fat spread	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Baked beans	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Luncheon meat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Honey	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Scotch egg	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bread	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cottage cheese	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Polyunsaturated margarine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3. Do you think experts put these in the **starchy foods** group? (*tick one box per food*)

	Yes	No	Not Sure
Cheese			
Pasta			
Butter			
Nuts			
Rice			
Porridge			

4. Do you think these are **high or low in salt**? (*tick one box per food*)

	High	Low	Not Sure
Sausages			
Pasta			
Kippers			
Red meat			
Frozen vegetables			
Cheese			

5. Do you think these are **high or low in protein**? (*tick one box per food*)

	High	Low	Not Sure
Chicken			
Cheese			
Fruit			
Baked beans			
Butter			
Cream			

6. Do you think these are **high or low in fibre/roughage**? (*tick one box per food*)

	High	Low	Not Sure
Cornflakes			
Bananas			
Eggs			
Red Meat			
Broccoli			
Nuts			
Fish			
Baked potatoes with skins			
Chicken			
Baked beans			

7. Do you think these fatty foods are **high or low in saturated fat**? (*tick one box per food*)

	High	Low	Not Sure
Mackerel			
Whole milk			
Olive oil			
Red meat			
Sunflower margarine			
Chocolate			

8. Some foods contain a lot of fat but no cholesterol.

- (a) agree
- (b) disagree
- (c) not sure

9. Do you think experts call these a **healthy alternative to red meat**? (*tick one box per food*)

	Yes	No	Not Sure
Liver pate			
Luncheon meat			
Baked beans			
Nuts			
Low fat cheese			
Quiche			

10. A glass of unsweetened fruit juice counts as a helping of fruit.

- (a) agree
 (b) disagree
 (c) not sure

11. Saturated fats are mainly found in: (*tick one*)

- (a) vegetable oils
 (b) dairy products
 (c) both (a) and (b)
 (d) not sure

12. Brown sugar is a healthy alternative to white sugar.

- (a) agree
 (b) disagree
 (c) not sure

13. There is more protein in a glass of whole milk than in a glass of skimmed milk.

- (a) agree
 (b) disagree
 (c) not sure

14. Polyunsaturated margarine contains less fat than butter.

- (a) agree
 (b) disagree
 (c) not sure

15. Which of these breads contain the most vitamins and minerals? (*tick one*)

- (a) white
 (b) brown
 (c) wholegrain
 (d) not sure

16. Which do you think is higher in calories: butter or regular margarine? (*tick one*)

- (a) butter
 (b) regular margarine
 (c) both the same
 (d) not sure

17. A type of oil which contains mostly monounsaturated fat is: (*tick one*)

- (a) coconut oil
 (b) sunflower oil
 (c) olive oil
 (d) palm oil
 (e) not sure

18. There is more calcium in a glass of whole milk than a glass of skimmed milk.

- (a) agree
 (b) disagree
 (c) not sure

19. Which *one* of the following has the most calories for the same weight? (*tick one*)

- (a) sugar
 (b) starchy foods
 (c) fibre/roughage
 (d) fat
 (e) not sure

20. Harder fats contain more: (*tick one*)

- (a) monounsaturates
 (b) polyunsaturates
 (c) saturates
 (d) not sure

21. Polyunsaturated fats are mainly found in: (*tick one*)

- (a) vegetable oils
 (b) dairy products
 (c) both (a) and (b)
 (d) not sure

The next few items are about choosing foods.

Please answer what is being asked and not whether you like or dislike the food!

For example, suppose you were asked ...

"If a person wanted to cut down on fat, which cheese would be best to eat?"

- (a) cheddar cheese
- (b) camembert
- (c) cream cheese
- (d) cottage cheese

If you didn't like cottage cheese, but knew it was the right answer, you would still tick cottage cheese.

1. Which would be the best choice for a low fat, high fibre snack? (tick one)
 - (a) diet strawberry yoghurt
 - (b) raisins
 - (c) muesli bar
 - (d) wholemeal crackers and cheddar cheese

2. Which would be the best choice for a low fat, high fibre light meal? (tick one)
 - (a) grilled chicken
 - (b) cheese on wholemeal toast
 - (c) beans on wholemeal toast
 - (d) quiche

3. Which kind of sandwich do you think is healthier? (tick one)
 - (a) two thick slices of bread with a thin slice of cheddar cheese filling
 - (b) two thin slices of bread with a thick slice of cheddar cheese filling

4. Many people eat spaghetti bolognese (pasta with a tomato and meat sauce). Which do you think is healthier? (tick one)
 - (a) a large amount of pasta with a little sauce on top
 - (b) a small amount of pasta with a lot of sauce on top

5. If a person wanted to reduce the amount of fat in their diet, which would be the best choice? (tick one)
 - (a) steak, grilled
 - (b) sausages, grilled
 - (c) turkey, grilled
 - (d) pork chop, grilled

6. If a person wanted to reduce the amount of fat in their diet, but didn't want to give up chips, which one would be the best choice? (tick one)
 - (a) thick cut chips
 - (b) thin cut chips
 - (c) crinkle cut chips

7. If a person felt like something sweet, but was trying to cut down on sugar, which would be the best choice? (tick one)
 - (a) honey on toast
 - (b) a cereal snack bar
 - (c) plain Digestive biscuit
 - (d) banana with plain yoghurt

8. Which of these would be the healthiest pudding? (tick one)
 - (a) baked apple
 - (b) strawberry yoghurt
 - (c) wholemeal crackers and cheddar cheese
 - (d) carrot cake with cream cheese topping

9. Which cheese would be the best choice as a lower fat option? (tick one)
 - (a) plain cream cheese
 - (b) Edam
 - (c) cheddar
 - (d) Stilton

10. If a person wanted to reduce the amount of salt in their diet, which would be the best choice? (tick one)
 - (a) ready made frozen shepherd's pie
 - (b) gammon with pineapple
 - (c) mushroom omelette
 - (d) stir fry vegetables with soy sauce

This section is about health problems or diseases.

1. Are you aware of any major health problems or diseases that are related to a low intake of fruit and vegetables?

- (a) yes
- (b) no
- (c) not sure

If yes, what diseases or health problems do you think are related to a low intake of fruit and vegetables?

[Handwritten mark] _____

2. Are you aware of any major health problems or diseases that are related to a low intake of fibre?

- (a) yes
- (b) no
- (c) not sure

If yes, what diseases or health problems do you think are related to a low intake of fibre?

[Handwritten mark] _____

3. Are you aware of any major health problems or diseases that are related to how much sugar people eat?

- (a) yes
- (b) no
- (c) not sure

If yes, what diseases or health problems do you think are related to sugar?

[Handwritten mark] _____

4. Are you aware of any major health problems or diseases that are related to how much salt or sodium people eat?

- (a) yes
- (b) no
- (c) not sure

If yes, what diseases or health problems do you think are related to salt?

[Handwritten mark] _____

5. Are you aware of any major health problems or diseases that are related to the amount of fat people eat?

- (a) yes
- (b) no
- (c) not sure

If yes, what diseases or health problems do you think are related to fat?

[Handwritten mark] _____

6. Do you think these help to reduce the chances of getting certain kinds of cancer? (answer each one)

	Yes	No	Not Sure
eating more fibre	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
eating less sugar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
eating less fat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
eating less salt	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
eating more fruit and vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
eating less preservatives/additives	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

7. Do you think these help prevent heart disease?
(answer each one)

	Yes	No	Not Sure
eating more fibre	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
eating less saturated fat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
eating less salt	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
eating more fruit and vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
eating less preservatives/additives	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

8. Which one of these is more likely to raise people's blood cholesterol level? (tick one)

- (a) antioxidants
- (b) polyunsaturated fats
- (c) saturated fats
- (d) cholesterol in the diet
- (e) not sure

9. Have you heard of antioxidant vitamins?

- (a) yes
- (b) no

10. If YES to question 9, do you think these are antioxidant vitamins? (answer each one)

	Yes	No	Not Sure
Vitamin A	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
B Complex Vitamins	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vitamin C	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vitamin D	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vitamin E	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vitamin K	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Finally, we would like to ask you a few questions about yourself.

1. Are you male or female?

- (a) Male
- (b) Female

2. How old are you?

- (a) less than 18
- (b) 18 - 24
- (c) 25 - 34
- (d) 35 - 44
- (e) 45 - 54
- (f) 55 - 64
- (g) 65 - 74
- (h) more than 75

3. Are you:

- (a) single
- (b) married
- (c) living as married
- (d) separated
- (e) divorced
- (f) widowed

4. What is your ethnic origin?

- (a) White
- (b) Black Caribbean
- (c) Black African
- (d) Black other
- (e) Indian
- (f) Pakistani
- (g) Bangladeshi
- (h) Chinese
- (i) Asian - other
Please specify:

- (j) Any other ethnic group
Please specify:

PLEASE TURN OVER

