#### **NUTRITION SURVEY**

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

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7-3.

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				
	Sugary foods	· 🔲			
	Meat				
	Starchy food	s 🔲			
	Fatty foods				
	High fibre foods				
	Fruit				
	Salty foods				
	apple or a har		opped ea	nots)	
 3.					
٥.	Which fot do	evnerts s	av is mo	et impor	
	Which fat do for people to				tant
	for people to		on? (tici		rtant
	for people to (a) monour	cut down	on? (tici		rtant
	<ul><li>for people to</li><li>(a) monour</li><li>(b) polyum</li><li>(c) saturate</li></ul>	cut down nsaturated saturated f	on? (tici		etant
	for people to  (a) monour  (b) polyuns	cut down isaturated saturated f ed fat	on? (tici		etant
4.	<ul><li>for people to</li><li>(a) monour</li><li>(b) polyum</li><li>(c) saturate</li></ul>	cut down nsaturated saturated f ed fat e	on? (tical) fat at foods do	k one)	0000
4.	for people to  (a) monous  (b) polyuns  (c) saturate  (d) not sure  What version	cut down nsaturated saturated f ed fat e	on? (tical) fat at foods do	k one)	say
4.	for people to  (a) monour  (b) polyun  (c) saturate  (d) not sure  What version people should	cut down nsaturated saturated fi ed fat e n of dairy l eat? (tick	on? (tical) fat at foods do	k one)	say
4.	for people to  (a) monous  (b) polyum  (c) saturate  (d) not sure  What version people should  (a) full fat  (b) lower f	cut down nsaturated saturated fi ed fat e n of dairy l eat? (tick	on? (tical fat at foods do	experts	say
4.	for people to  (a) monous  (b) polyuns  (c) saturate  (d) not sure  What version people should  (a) full fat  (b) lower f  (c) mixture	cut down nsaturated saturated f ed fat e n of dairy d eat? (tick	on? (tich fat at foods do k one)	experts	say

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 <u>high or low in added</u> sugar? (tick one box per food)

	High	Low	Not Sure
Bananas			
Unflavoured yoghurt			
Ice-cream			
Orange squash			
Tomato ketchup			
Tinned fruit in natural juice			

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

	High	Low	Not Sure
Pasta (without sauce)			
Low fat spread			
Baked beans			
Luncheon meat			
Honey			
Scotch egg			
Nuts			
Bread		**	· .
Cottage cheese	J		
Polyunsaturated margarine			

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 <u>high or low in protein</u>? (tick one box per food)

	High	Low	Not Sure
Chicken			
Cheese			
Fruit			
Baked beans			
Butter			
Cream			

#### 6. Do you think these are <u>high or low in fibre/roughage</u>? (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 <u>high or low</u> 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

•	Do you think experts alternative to red me				15.		ch of these breads contain the most mins and minerals? (tick one) white
		Γ				(b)	brown
		Yes	No	Not Sure		(c)	wholegrain
				Suit		(d)	not sure
	Liver pate						
	Luncheon meat				16.		ch do you think is higher in calories er or regular margarine? (tick one)
	Baked beans					(a)	butter
						(b)	regular margarine
	Nuts					(c)	both the same
	Low fat cheese					(d)	not sure
	Quiche				17.		pe of oil which contains mostly ounsaturated fat is: (tick one)
						(b)	sunflower oil
		ad fruit i	uice cou	ınts as a		(0)	Sumovor on
	A glass of unsweeten	ica man j		ants us u		(c)	olive oil
•	helping of fruit.	ica maic j				(c) (d)	olive oil palm oil
	helping of fruit. (a) agree	ica iran j				(d)	olive oil palm oil not sure
	helping of fruit.	ica ii aic ji					palm oil
). 	helping of fruit.  (a) agree  (b) disagree  (c) not sure			0	18.	(d) (e)	palm oil
_	helping of fruit.  (a) agree  (b) disagree  (c) not sure			0	18.	(d) (e) The milk (a)	palm oil not sure  re is more calcium in a glass of who than a glass of skimmed milk. agree
	helping of fruit.  (a) agree (b) disagree (c) not sure  Saturated fats are m			0	18.	(d) (e) The milk (a) (b)	palm oil not sure re is more calcium in a glass of who than a glass of skimmed milk.
	helping of fruit.  (a) agree (b) disagree (c) not sure  Saturated fats are m (a) vegetable oils	ainly four		0	18.	(d) (e) The milk (a)	palm oil not sure  re is more calcium in a glass of who than a glass of skimmed milk. agree
	helping of fruit.  (a) agree (b) disagree (c) not sure  Saturated fats are m (a) vegetable oils (b) dairy products	ainly four		0	18.	(d) (e) The milk (a) (b)	palm oil not sure  re is more calcium in a glass of who than a glass of skimmed milk. agree disagree
	helping of fruit.  (a) agree (b) disagree (c) not sure  Saturated fats are m (a) vegetable oils (b) dairy products (c) both (a) and (b) (d) not sure	ainly four	nd in: (t	tick one)		(d) (e)  The milk (a) (b) (c)	palm oil not sure  re is more calcium in a glass of who than a glass of skimmed milk. agree disagree
	helping of fruit.  (a) agree (b) disagree (c) not sure  Saturated fats are m (a) vegetable oils (b) dairy products (c) both (a) and (b) (d) not sure  Brown sugar is a here	ainly four	nd in: (t	tick one)		(d) (e)  The milk (a) (b) (c)	palm oil not sure  re is more calcium in a glass of who than a glass of skimmed milk. agree disagree not sure  ich one of the following has the mos
	helping of fruit.  (a) agree (b) disagree (c) not sure  Saturated fats are m (a) vegetable oils (b) dairy products (c) both (a) and (b) (d) not sure  Brown sugar is a hessugar.	ainly four	nd in: (t	tick one)		(d) (e)  The milk (a) (b) (c)  White calor	palm oil not sure  re is more calcium in a glass of who a than a glass of skimmed milk. agree disagree not sure  ich one of the following has the mos ries for the same weight? (tick one)
_	helping of fruit.  (a) agree (b) disagree (c) not sure  Saturated fats are m (a) vegetable oils (b) dairy products (c) both (a) and (b) (d) not sure  Brown sugar is a hear	ainly four	nd in: (t	tick one)		(d) (e)  The milk (a) (b) (c)  White calor (a)	palm oil not sure  re is more calcium in a glass of who than a glass of skimmed milk. agree disagree not sure  ich one of the following has the mos ries for the same weight? (tick one) sugar

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

14. Polyunsaturated margarine contains less fat

than in a glass of skimmed milk.

(a)

(b)

(c)

(a)

(b)

(c)

agree

disagree

not sure

than butter.

agree

disagree

not sure

	vitaı	nins and minerals? (tick one)				
	(a)	white				
	(b)	brown				
	(c)	wholegrain				
	(d)	not sure	<u> </u>			
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 ty	pe of oil which contains mostly	··········			
	mon	ounsaturated fat is: (tick one)	_			
	(a)	coconut oil	<u>u</u>			
	(b)	sunflower oil				
	(c)	olive oil				
	(d)	palm oil				
	(e)	not sure				
18.	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.	Har	der fats contain more: (tick one)				
	(a)	monounsaturates				
	(b)	polyunsaturates				
	(c)	saturates				
	(d)	not sure				
21.	Poly	vunsaturated fats are mainly found in	: (tick			
	(a)	vegetable oils				
	(a) (b)	dairy products	ō			
	(c)	both (a) and (b)				
	(d)	not sure	<u></u>			
	(u)	not suit				

# The next few items are about choosing foods.

	Please wheth	e answer what is being asked and no ner you like or dislike the food!	t
	For e	xample, suppose you were asked	
	"If a ¡	person wanted to cut down on fat, we would be best to eat?"	hich
	(a) cl	neddar cheese	
	(b) ca	amembert	
		eam cheese ottage cheese	
		_	
•	was tl	didn't like cottage cheese, but knew he right answer, you would still tick ge cheese.	v it
		ich would be the best choice for a lov a fibre snack? (tick one)	w fat,
	(a)	diet strawberry yoghurt	
	(b)		
		muesli bar wholemeal crackers and cheddar	
	(4)		
	(4)	cheese	_
	Whi		
	Whi	cheese	v fat,
	Whi high (a) (b)	cheese  ch would be the best choice for a love fibre light meal? (tick one) grilled chicken cheese on wholemeal toast	v fat,
	Whi high (a) (b) (c)	cheese  ch would be the best choice for a love fibre light meal? (tick one) grilled chicken cheese on wholemeal toast beans on wholemeal toast	v fat,
	Whi high (a) (b)	cheese  ch would be the best choice for a love fibre light meal? (tick one) grilled chicken cheese on wholemeal toast	v fat,
	Whinhigh (a) (b) (c) (d) Whinhichies	cheese  ch would be the best choice for a love fibre light meal? (tick one) grilled chicken cheese on wholemeal toast beans on wholemeal toast	v fat,
	Whinhigh (a) (b) (c) (d) Whinhichies	cheese  ch would be the best choice for a low fibre light meal? (tick one) grilled chicken cheese on wholemeal toast beans on wholemeal toast quiche  ch kind of sandwich do you think is	v fat,
	Whind high (a) (b) (c) (d) Whind healt	cheese  ch would be the best choice for a low fibre light meal? (tick one) grilled chicken cheese on wholemeal toast beans on wholemeal toast quiche  ch kind of sandwich do you think is thier? (tick one) two thick slices of bread with a thin slice of cheddar cheese filling two thin slices of bread with a	v fat,
	Whind high (a) (b) (c) (d) Whind healt (a)	cheese  ch would be the best choice for a low fibre light meal? (tick one) grilled chicken cheese on wholemeal toast beans on wholemeal toast quiche  ch kind of sandwich do you think is thier? (tick one) two thick slices of bread with a thin slice of cheddar cheese filling	v fat,
	Whind high (a) (b) (c) (d) Whind healt (a) (b)	cheese  ch would be the best choice for a low fibre light meal? (tick one) grilled chicken cheese on wholemeal toast beans on wholemeal toast quiche  ch kind of sandwich do you think is thier? (tick one) two thick slices of bread with a thin slice of cheddar cheese filling two thin slices of bread with a thick slice of cheddar cheese filling two thin slices of bread with a thick slice of cheddar cheese filling y people eat spaghetti bolognese (pa a tomato and meat sauce). Which described the slice of the cheese filling	v fat,
	Whind high (a) (b) (c) (d) Whind healt (a) (b)	cheese  ch would be the best choice for a low fibre light meal? (tick one) grilled chicken cheese on wholemeal toast beans on wholemeal toast quiche  ch kind of sandwich do you think is thier? (tick one) two thick slices of bread with a thin slice of cheddar cheese filling two thin slices of bread with a thick slice of cheddar cheese filling	v fat,
	Whii high (a) (b) (c) (d) Whii healt (a) (b)	cheese  ch would be the best choice for a low fibre light meal? (tick one) grilled chicken cheese on wholemeal toast beans on wholemeal toast quiche  ch kind of sandwich do you think is thier? (tick one) two thick slices of bread with a thin slice of cheddar cheese filling two thin slices of bread with a thick slice of cheddar cheese filling y people eat spaghetti bolognese (pa a tomato and meat sauce). Which do is healthier? (tick one) a large amount of pasta with a	v fat,

5.	If a person wanted to reduce the amount of fat in their diet, which would be the best choice? (tick one)								
	(a)								
	(b)	sausages, grilled							
	(c)	turkey, grilled							
	(d)	pork chop, grilled							
6.	in t	person wanted to reduce the amou heir diet, but didn't want to give up ch one would be the best choice? (to	chips,						
	(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	ā						
	(d)	banana with plain yoghurt	ā						
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							
	. ,								

#### Are you aware of any major health problems This section is about health problems or diseases that are related to how much salt or diseases. or sodium people eat? (a) yes (b) no Are you aware of any major health problems not sure or diseases that are related to a low intake of fruit and vegetables? If yes, what diseases or health problems do you think are related to salt? (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? &\_\_\_\_\_ Are you aware of any major health problems or diseases that are related to the amount of fat people eat? (a) yes no not sure Are you aware of any major health problems or diseases that are related to a low intake of If yes, what diseases or health problems do fibre? you think are related to fat? (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? & \_\_\_\_\_ Do you think these help to reduce the chances: of getting certain kinds of cancer? (answer each one) Yes No Are you aware of any major health problems eating more fibre or diseases that are related to how much sugar people eat? eating less sugar

cating less fat

eating less salt

vegetables

eating less

eating more fruit and

preservatives/additives

(a)

(b)

yes

not sure

If yes, what diseases or health problems do

&\_\_\_\_\_

you think are related to sugar?

Not Sure

	( <u>answer each one</u> )						illy, we would like to ask ; w questions about yourse	\$100 PM 100 PM 100 PM 100 PM
		Yes	No	Not Sure				
	eating more fibre				1.		you male or female?	
	caming more nore					(a)	Male	
	eating less saturated fat					(b)	Female	
	eating less salt				2.		v old are you?	_
						(a)	less than 18	
	eating more fruit and			П		(b)	18 - 24	
	vegetables					(c)	25 - 34	
	eating less					(d)	35 - 44	
	preservatives/additives					(e)	45 - 54	
						(f)	55 - 64	
						(g)	65 - 74	
8.	Which one of these is more likely to raise					(h)	more than 75	
	people's blood choleste (a) antioxidants	rol level	? (tick	one)	3.	Are	you:	
	(b) polyunsaturated fats			_		(a)	single	
	(c) saturated fats					(b)	married	
	(d) cholesterol in the diet					(c)	living as married	
	(e) not sure	aict				(d)	separated	
	(b) Hot build					(e)	divorced	
9.	Have you beard of anti	ovident	vitami.	ng?		<b>(f)</b>	widowed	
<i>9</i> .	Have you heard of <u>antioxidant</u> vitamins?  (a) yes							
	(b) no				4.		nt is your ethnic origin?	_
						(a)	White	
	TATUTE	.4				(b)	Black Caribbean	ū
10.	If YES to question 9, do you think these are antioxidant vitamins? (answer each one)					(c)	Black African	Ľ
	antioxidant vitamins:	answer	eacn oi	ne)		(d)	Black other	
		= 7	3.7	<b>T.</b> 7		(e)	Indian	Ц
		Yes	No	Not Sure		<b>(f)</b>	Pakistani	닠
		1000000 145 514, 000000	00000000000000000000000000000000000000	Sure		(g)	Bangladeshi	
	Vitamin A					(h)	Chinese	
						(i)	Asian - other	U
	B Complex Vitamins						Please specify:	
	Vitamin C	<u> </u>				(j)	<b>\Lambda</b>	
	vitalilli C			u			Any other ethnic group	
	Vitamin D						Please specify:	
	Vitamin E						`	
	Vitamin K							
							PLEASE TURN OVER	

7. Do you think these help prevent heart disease?

5.	Do v	ou have any children?		1 11	Are	you currently:	
٥.	(a)	No		1	(a)	employed full time	
	(b)	1	ī		(b)	employed part time	
					٠, ٠	unemployed	ā
	(c)	2			(c)	full time homemaker	
	(d)	3			(d)		
	(e)	4	<u>_</u>		(e)	retired	
	<b>(f)</b>	more than 4			<b>(f)</b>	student	
					(g)	disabled or too ill to work	
6.	-	ou have any children, under 18 y g with you?	ears,			1 3'-40	
		Yes		12.		you on a special diet?	
	(a)				(a)	Yes	ш
	(b)	No				Please specify:	
		·				<b>\( \</b>	
7.		at is the highest level of education completed?	you		(b)	No	u
	(a)	primary school					
	(b)	secondary school		_		· · · · · · · · · · · · · · · · · · ·	
	(c)	O levels / GCSEs	_				
	(d)	A levels	$\overline{\Box}$				
	(e)	Technical or Trade Certificate	<u> </u>			THE END	
			<u> </u>				
	(f)	Diploma					
	(g)	Degree		Th	ank y	ou very much for your time.	
	(h)	Post-graduate degree	<b>U</b>				
8.		ou have any health or nutrition r	related	ma	ke ab	are any comments you would li bout this questionnaire, please d hey would be very welcome.	
	(a)	Yes		~	•		
		Please specify:		~			
		<b>&amp;</b>					
	(b)	No					
					. <b>_</b>		
9.		at is your job? If you are not wor					· 
		what is your usual job? (please b	e		<u></u>		
	spec	ijie).					
	<b>Æ</b> .				. — — –		
						<del>-</del>	
10.	If you have a partner, what is his/her job? If						
		he is not working now, what is his/	her usual				
	job?	(please be specific).			. – – –		
	Ø,						
			_				· – <b>– –</b>
				1			