## **STRESS & HEALTH STUDY**



## **FOOD QUESTIONNAIRE**

For each food, please block in the red rectangle in the column to indicate how often, on average, you have eaten the specified amount during the past year. The amount of each food is given in the heading of each section or after the individual food. Amounts are either a "medium serving" or a common household unit such as a slice or pint.

Please note that you do not need to be too precise when blocking in the rectangles - a single bold stroke over the length of the rectangle will do. Use either a black or blue pen, or an HB pencil. Please do not mark like this:

## **EXAMPLES:**

White bread and rolls

For white bread the amount is one slice, so if you eat 4 or 5 slices a day, you should block in the rectangle in the column headed "4 - 5 per day".

FOODS AND AMOUNTS	5	FUUDS AND AMOUNTS				ASI YEAR		
BREAD AND	Never or less than	1-3	Once	2 - 4	5 • 6 Once	2 · 3	4 - 5 per	6+ per
SAVOURY BISCUITS (one slice or biscuit)		per mth	week	per week	per a week day	day	day	day

For chips, the amount is a "medium serving", so if you have a helping of chips twice a week you should block in the rectangle in the column headed "2 - 4 per week".

POTATOES, RICE	Never or	1 - 3	a	2 - 4	5 - 6	Once	2-3	4 - 5	6+
AND PASTA	less than	per		per	per	a	per	per	per
(medium serving)	once/mth	mth		veek	week	day	day	day	day
Chips or french fries	-	_	7.	_	<b>—</b>		-		0

For full cream milk (silver top), the amount is a pint, so if you take about half a pint a day, you should block in the rectangle in the column headed "2 - 4 per week", because you are drinking about 3 pints each week.

DAIRY PRODUCTS	Never or	1 - 3	Once	2 - 4	5.6	Once	2-3	4 - 5	6+
AND FATS	less than once/mth	per mth	a week	per week	per week	a day	per day	per day	per day
Full cream milk - silver top (pint)			-	_			<b>-</b>		-

For very seasonal fruits such as strawberries and raspberries you should estimate your average use when the fruits are in season, so it you eat strawberries or raspberries about once a week when they are in season you should block in the rectangle in the column headed "once a week".

FRUIT (1 fruit or medium serving)	Never or less than once/mth	1 - 3 per mth	Once a week	2 - 4 per week	5 - 6 per week	Once a day	2-3 per day	4 · 5 per day	6 + per day
Strawberries, raspberries	_		-				-		-

## STRESS & HEALTH STUDY

Please estimate your average food use as best you can, and please answer every question - DO NOT
 LEAVE ANY LINES BLANK.

FOODS AND AMOUNT	<b>5</b>		AV	CHAGI	E USE LA	43/ YE	AH		
MEAT AND FISH (medium serving)	Never or less than once/mth	1 · 3 per mth	Once a week	2 · 4 per week	5 - 6 per week	Once a day	2 = 3 per day	4 - 5 per day	6+ per day
Beef: roast, steak, mince, stew or casserole	XBEEF				-				-
Beefburgers XBEEFBU							_		-
Pork: roast, chops or stew	XPORK		<del></del>				-		-
Lamb: roast, chops or stew	XLAMB				-		-		_
Chicken or other poultry	KCHICK						-	<b></b>	-
Bacon XBACON		_				<b>—</b>	-		
Ham XHAM							-		=
Corned beef, Spam, XCOR luncheon meats	NBF 💳	_	=			. 👝	-		
Sausages XSAUSAG			=						-
Savoury pies, eg meat pie, pork pie, pasties, steak & kidney pie	XSAVPIE								
Liver, liver pate, liver XLIV	VER		_=						
Fried fish in batter, as in fish and chips XBA1	TFIS				_				-
Fish fingers, fish cakes XF	ISHFIN		_		_		-		
Other white fish, fresh or frozen, eg cod, haddock plaice, sole, halibut	XWHIFISH								
Oily fish, fresh or canned, eg mackerel, kippers, tuna, <b>XOILFI</b> salmon, sardines, herring						<b>—</b>	_	<b>C</b>	-
Shellfish, eg crab, prawns, mussels	XSHEFISH						-		
	Never or less than once/mth	1 - 3 per mth	Once a week	2 - 4 per week	5-6 per week	Once a day	2-3 per day	4 - 5 per day	6 + per day

Please answer every question	n DON	OTIE	AVE ANV	IINES	RIANK	577	ESS & HE	EALTH	STUDY
FOODS AND AMOUNTS		OI LEA			E USE L	AST YE	EAR		
BREAD & SAVOURY BISCUITS (one slice or one biscuit)	Never or less than once/mth	1 - 3 per mth	Once a week	2 - 4 per week	5 · 6 per week	Once a day	2 · 3 per day	4 - 5 per day	6+ per day
White bread and rolls XWH Brown bread and rolls XBF Wholemeal bread and rolls	ROBRD	BRD							
Cream crackers, cheese bisc. Crispbread, eg Ryvita XCRIS	XCRAC						-		-
CEREALS (one bowl)									
Frosties, Ricicles, Sugar Puffs, Coco Pops	XFROS		1.1414						-
Corn Flakes, Rice Krispies, Special K	XCFLAK						-	_	
Shredded Wheat, Weetabix, Wheat Flakes, Puffed Wheat Shreddies, Grape Nuts	XSHREI	)			0				
Muesli, Fruit 'n' Fibre, Country Store, Weetos, Start	XMUES			<del></del>	_				<b>=</b>
All-Bran, Bran Flakes, Bran Buds, Sultana Bran	XBRAN				-	=	=		
Porridge, Readybrek	XPORRI				_				-
POTATOES, RICE AND	PASTA	(med	ium ser	ving)					
Boiled, mashed, instant or jacket potatoes	XBOILP	ОТ			<del>-</del>		-	<b>=</b>	
Chips or french fries	XCHIPS				-				
Roast potatoes	XROASF	РОТ	·		-		_		<b>_</b>
Potato salad	XPOTSA	<b>L</b>					-		
White rice	XWRICE	<u>.</u>			-		=		-
Brown rice	XBRICE				_				
White or green pasta, eg spaghetti, macaroni, noodle	S XPASTA	A			=		=		<b>G</b>
Wholemeal pasta	XWHPA	ST	e e e e e e e e e e e e e e e e e e e						_
Lasagne .	XLASAC	SNE		=			-		
Pizza	XPIZZA								_
	Never or less than once/mth	1 - 3 per mth	Once a week	2 · 4 per week	5 - 6 per week	Once a day	2 - 3 per day	4 - 5 per day	6 + per day

FOODS AND AMOUNTS			AV	'ERAGI	E USE LA	AST YE	AR		
DAIRY PRODUCTS & FATS	Never or less than once/mth	1 - 3 per mth	Once a week	2 - 4 per week	5-6 per week	Once a day	2 - 3 per day	4 - 5 per day	6 + per day
Full cream milk - silver top (pint)	XFCMILK						-		-
Semi-skimmed milk - red striped top (pint)	XSSMILK						_		-
Skimmed milk - blue striped top (pint)	XSKMILK				-		-		-
Channel Islands milk - gold top (pint)	XCIMILK		2						
Sterilized milk - metal cap (pint)	XSTMILK								
Dried milk (teaspoon)	XDRMILK		er romani.		-	<b>—</b>			
Soya milk (pint)	XSOYMLI	K			-				
Coffee whitener, eg Coffe-mate (teaspoon)	XCOFFWI	Н							
Single cream (tablespoon)	XSCREA	М					-		-
Double or clotted cream (tablespoon)	XDCREA	М	<u> </u>		-		-		
Yoghurt (5 oz. carton)	XYOGHU	RT			-		-		-
Cheese, eg Cheddar, Brie, Edam (medium serving)	XCHEESE	Ē		. 🗀	=		-		-
Cottage cheese, low fat soft cheese (medium serving)	хсотсн	E							
Eggs as boiled, fried, scrambled, etc (one)	XEGGS						-		<b></b>
Quiche (medium serving)	XQUICHE	Ē					_		-
Salad cream, mayonnaise (tablespoon)	XMAYO								
French dressing/vinaigrette (tablespoon)	XVINAIGI	R					-		
The following on bro	ead, veg	etabl	es, etc:						
Butter (teaspoon)	XBUTTER								
Hard margarine in wrapper eg Stork, Krona (teaspoon)									
Polyunsaturated margarine, eg Flora, sunflower (tsp)	XPOLYUN	NS							
Other soft margarine in tub eg Blue Band, Stork S.B. (tsp	S) XSOFTN	/IAR			_		-		
Low fat spread, eg Outline, Gold (teaspoon)	XLFSPRE	A					-		
	Never or less than once/mth	1 · 3 per	Once a	2 - 4 per	5 - 6 per	Once a	2 - 3 per	4 - 5 per	6+ per

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STRESS & HEALTH STUDY

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Please answer every question - DO NOT LEAVE ANY LINES BLANK.

SWEETS & SNACKS (medium serving)	Never or less than	1 - 3 per	Once 2	2 - 4 per	5 - 6 per	Once a	2 - 3 per	4 - 5 per	6+ per
(medium serving)	once/mth	mth	week	week	week	day	day	day	day
Sweet biscuits, eg Nice, digestive, chocolate (one)	XBISCUI	ΙT	*****			<b>—</b>			-
Cakes	XCAKES				-		-		-
Buns & pastries	XBUNS				-				
Fruit pies, tarts, crumbles	XTARTS				-		=		
Milk puddings, eg rice, semolina, tapioca	XMILKP	JD			-	<del></del>			-
Sponge puddings	XSPONG	)E		<b>=</b>	-				
Ice cream, choc ices	XICECRI	EA					= = = = = = = = = = = = = = = = = = = =		
Chocolates, chocolate bars, eg Mars, Crunchy	хснос				-		-		
Sweets, toffees, mints	XSWEE	TS							_
Sugar added to tea, coffee, cereal (teaspoon)	XSUGAR	R			-		-		
Crisps or other packet snacks, eg Wotsits	XCRISP	S			<del></del>		-		-
Peanuts or other nuts	XNUTS				_				-
SOUPS, SAUCES AND S	SPREAD	S			Control				
Vegetable soups (bowl)	XVEGSC	)U			-				
Meat soups (bowl)	XMEAT	so							
Sauces, eg white sauce, cheese sauce, gravy (tablespoon)	XSAUCE	Ē			-		-		_
Tomato ketchup (tablespoon)	XKETCH	HU	-		-			<u></u>	-
Pickles, chutney (tablespoon)	XPICKL	ES		=	•		_		-
Marmite, Bovril (teaspoon)	XMARM	ITE							-
Jam, marmalade, honey (teaspoon)	XJAM				<u>—</u>	=	-		-
Peanut butter (teaspoon)	XPEANU	JB							_
	Never or less than once/mth	1 - 3 per mth	Once a week	2 - 4 per week	5 - 6 per week	Once a day	2 - 3 per day	4 - 5 per day	6+ per day

STRESS & HEALTH STUDY Please answer every question - DO NOT LEAVE ANY LINES BLANK. FOODS AND AMOUNTS AVERAGE USE LAST YEAR **DRINKS** 1-3 2 - 4 5-6 Once 2-3 4 - 5 6+Never or Once less than per per per a per per per a once/mth mth week week day day day day week **XTEA** Tea (cup) <del>----</del> \_ \_\_\_ XCOFFEE Coffee, regular (cup) \_\_\_ Coffee, decaffeinated (cup) XDECAFF <del>-----</del> \_\_\_ \_ Cocoa, hot chocolate (cup) XCOCOA Horlicks, Ovaltine (cup) \_\_\_ **XHORLI** Wine (glass) XWINE \_ Beer, lager or cider **XBEER** \_\_\_ (half pint) Port, sherry, vermouth (glass) Liqueurs eg Baileys (glass) \_\_\_ **XLIQU** Spirits, eg gin, brandy **XSPIRITS** whisky, vodka (single) Fizzy soft drinks, eg Coca **XFIZZY** -Cola, lemonade (glass) Low calorie or diet fizzy \_\_\_ **XLOWCAL** soft drinks (glass) Real fruit juice (100%) **XFJUICE** eg orange, apple juice (glass) Fruit squash or cordial **XSQUASH** (glass) FRUIT (1 fruit or medium serving) For very seasonal fruits such as strawberries, please estimate your average use when the fruit is in season Apples XAPPLES \_\_\_ \_\_\_ \_\_\_ Pears XPEARS \_\_\_ \_\_\_ Oranges, satsumas, mandarins XORANGES \_\_\_ Grapefruit XGRAPEFR \_ \_ \_ \_\_\_\_ Bananas XBANANAS \_\_\_ Grapes XGRAPES \_ \_\_\_\_ 3 Melon XMELON \_ Peaches, plums, apricots XPEACHES \_\_\_ Strawberries, raspberries XSTRAWB 33 \_ Tinned fruit XTINFRUI \_\_\_\_  $\Box$ Dried fruit, eg raisins, prunes XDRIEDFR \_\_\_ \_ \_\_\_

Never or

less than

once/mth

1 - 3

per

mth

Once

week

2 - 4

per

week

2-3

per

day

Once

day

5-6

per

week

4-5

per

day

6+

per

day

FOODS AND AMOUNTS			Al	VERAG	E USE L	AST YE	AR	
VEGETABLES-FRESH,	Never or	1-3	Once	2 - 4	5-6	Once	2-3	4 - 5
FROZEN OR TINNED	less than once/mth	per mth	a week	per week	per week	a day	per day	per day
(medium serving)	Onec/mm		WCCA	WCCK	WCCA		uay	uay
Carrots XCARROTS				_	_			
Spinach XSPINACH							_	
Brocolli XBROCCOL		==	_					
Spring greens, kale XGREEN	Is ==		_				-	
Brussels sprouts XSPROUT							_	
Cabbage XCABBAGE								=
Peas XPEAS			_				_	_
Green beans, broad beans	XBEANS							_
runner beans		1			=		=	_
Marrow, courgettes XMARR	OW			<u> </u>				=
Cauliflower XCAULIFL					=	中		
Parsnips, turnips, swedes XF	PARSNIP							
Leeks XLEEKS	<b>–</b>				_			=
Onions XONIONS					<u> </u>			
Garlic XGARLIC		ت ا						_ =
Mushrooms XMUSHROO			=	==				
Sweet peppers XPEPPERS								=
Green salad XSALAD								=
Tomatoes XTOMATO								
Coleslaw XCOLESL								_ =
Baked beans XBAKEDB			_					
Dried lentils, beans, peas XL								_ =
Tofu or soya bean curd XTO					===			
Soya meat, TVP, Vegeburger	XTVP							
	Never or	1 - 3	Once	2 - 4	5-6	Once	2-3	4 -
		per	a waalt	per	per	a	per day	p€ da
	less than once/mth	per mth	a week	per week	200200000000000000000000000000000000000			
Are the foods listed on the pof the foods that you usually	orevious p	ages ro	epresenta	tive	Yes		No	
What kind of fat do you use	ually use i	for fryi	ng? Sele		=			
Butter					getable f	at —		/D=
Lard/dripping				Margari	ne		XFFTY	PE

Butter		Solid vegetable fat	
Lard/dripping		Margarine	_ XFFTYPI
Liquid vegetable oil		None	
Which brand do you usuall  What kind of fat do you us	ually use for baking? S	elect one only XBA	KEFAT
_	y use?		
What kind of fat do you us	y use?ually use for baking? <b>S</b>	elect one only XBA	KEFAT

XFRYHOME 4 - 6 times a week Less than once a week 1 - 3 times a week Daily

STRESS & HEALTH ST	UDY				
<b>6</b> How often do you eat fo	od that is frie	ed away from home?	Select one	only XFRYAWAY	
Less than once a w 1 - 3 times a week		4 - 6 times a week Daily			
7 What do you do with the	e visible fat (		one only x	MEATFAT	
Don't eat meat  Eat as little as possi	ble =	Eat some of the fat Eat most of the fat	=		
8 How often do you eat gr			aly XOFTN	IGR	
Never		Once a week		5+ times per week	
Less than once per v	week 🗀	2-4 times per week	_	YHOWGPI	
9 If you eat grilled or roast	meat, do yo	u usually have it - <b>Sele</b>	ct one on	ly XHOWGRI	
Lightly cooked		Medium		Well done/dark brown	ı —
10 How often do you add	salt to food v	while cooking? Select	one only	XSALTCK	
Never		Sometimes	<b>=</b>	Always	<b>—</b>
Rarely		Usually			
11 How often do you add	salt to any fo	od at the table <b>before</b>	tasting it?	Select one only XPR	ESAL
Never Perels		Sometimes		Always	<del></del>
Rarely  12 How often do you add	ealt to any fo	Usually and at the table after to	esting it? S	elect one only XPOST	SA
	sait to arry to		asung it: 5		
Never Rarely		Sometimes Usually		Always	
13 Do you regularly use a s	salt substitute	· ·	s = No	O C XSALTSUB	
If <b>yes</b> , which brand				XSALTBR	
14 Over the last five years				, cod-liver oil, etc. suppl	ements?
If <b>yes</b> , which brand? X	VITAMIN	Yes	s = No	) =	
Brand Name		Daily amount		Years taken in last 5 years	
XVITBR1 XVITBR2		XVITDO1		XVITTY1 XVITTY2	
XVITBR3		XVITDO2 XVITDO3		XVITTY3	
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