



# STRESS & HEALTH STUDY

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

## FOODS AND AMOUNTS

## AVERAGE USE LAST YEAR

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	<b>XBEEF</b>				—	—	—	—	—	—
Beefburgers	<b>XBEEFBU</b>	—	—	—	—	—	—	—	—	—
Pork: roast, chops or stew	<b>XPORK</b>				—	—	—	—	—	—
Lamb: roast, chops or stew	<b>XLAMB</b>				—	—	—	—	—	—
Chicken or other poultry	<b>XCHICK</b>				—	—	—	—	—	—
Bacon	<b>XBACON</b>	—	—	—	—	—	—	—	—	—
Ham	<b>XHAM</b>	—	—	—	—	—	—	—	—	—
Corned beef, Spam, luncheon meats	<b>XCORNB</b>	—	—	—	—	—	—	—	—	—
Sausages	<b>XSAUSAG</b>	—	—	—	—	—	—	—	—	—
Savoury pies, eg meat pie, pork pie, pasties, steak & kidney pie	<b>XSAVPIE</b>				—	—	—	—	—	—
Liver, liver pate, liver sausage	<b>XLIVER</b>			—	—	—	—	—	—	—
Fried fish in batter, as in fish and chips	<b>XBATFIS</b>			—	—	—	—	—	—	—
Fish fingers, fish cakes	<b>XFISHFIN</b>			—	—	—	—	—	—	—
Other white fish, fresh or frozen, eg cod, haddock plaice, sole, halibut	<b>XWHIFISH</b>				—	—	—	—	—	—
Oily fish, fresh or canned, eg mackerel, kippers, tuna, salmon, sardines, herring	<b>XOILFISH</b>				—	—	—	—	—	—
Shellfish, eg crab, prawns, mussels	<b>XSHEFISH</b>				—	—	—	—	—	—
		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 - DO NOT LEAVE ANY LINES BLANK.

**FOODS AND AMOUNTS****AVERAGE USE LAST YEAR**

<b>BREAD &amp; SAVOURY BISCUITS (one slice or one biscuit)</b>	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
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White bread and rolls <b>XWHIBRD</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Brown bread and rolls <b>XBROBRD</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wholemeal bread and rolls <b>XWHOLBRD</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cream crackers, cheese bisc. <b>XCRACKER</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Crispbread, eg Ryvita <b>XCRISBRD</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**CEREALS (one bowl)**

Frosties, Ricicles, Sugar Puffs, Coco Pops <b>XFROS</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Corn Flakes, Rice Krispies, Special K <b>XCFLAK</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Shredded Wheat, Weetabix, Wheat Flakes, Puffed Wheat, Shreddies, Grape Nuts <b>XSHRED</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Muesli, Fruit 'n' Fibre, Country Store, Weetos, Start <b>XMUES</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
All-Bran, Bran Flakes, Bran Buds, Sultana Bran <b>XBRAN</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Porridge, Readybrek <b>XPORRI</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**POTATOES, RICE AND PASTA (medium serving)**

Boiled, mashed, instant or jacket potatoes <b>XBOILPOT</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Chips or french fries <b>XCHIPS</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Roast potatoes <b>XROASPOT</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Potato salad <b>XPOTSAL</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
White rice <b>XWRICE</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Brown rice <b>XBRICE</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
White or green pasta, eg spaghetti, macaroni, noodles <b>XPASTA</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wholemeal pasta <b>XWHPAST</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lasagne <b>XLASAGNE</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pizza <b>XPIZZA</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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

**FOODS AND AMOUNTS****AVERAGE USE LAST YEAR**

<b>DAIRY PRODUCTS &amp; FATS</b>	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) <b>XFCMILK</b>				☐	☐	☐	☐	☐	☐
Semi-skimmed milk - red striped top (pint) <b>XSSMILK</b>				☐	☐	☐	☐	☐	☐
Skimmed milk - blue striped top (pint) <b>XSKMILK</b>				☐	☐	☐	☐	☐	☐
Channel Islands milk - gold top (pint) <b>XCIMILK</b>				☐	☐	☐	☐	☐	☐
Sterilized milk - metal cap (pint) <b>XSTMILK</b>				☐	☐	☐	☐	☐	☐
Dried milk (teaspoon) <b>XDRMILK</b>				☐	☐	☐	☐	☐	☐
Soya milk (pint) <b>XSOYMLK</b>				☐	☐	☐	☐	☐	☐
Coffee whitener, eg Coffe-mate (teaspoon) <b>XCOFFWH</b>				☐	☐	☐	☐	☐	☐
Single cream (tablespoon) <b>XSCREAM</b>				☐	☐	☐	☐	☐	☐
Double or clotted cream (tablespoon) <b>XDCREAM</b>				☐	☐	☐	☐	☐	☐
Yoghurt (5 oz. carton) <b>XYOGHURT</b>				☐	☐	☐	☐	☐	☐
Cheese, eg Cheddar, Brie, Edam (medium serving) <b>XCHEESE</b>				☐	☐	☐	☐	☐	☐
Cottage cheese, low fat soft cheese (medium serving) <b>XCOTCHE</b>				☐	☐	☐	☐	☐	☐
Eggs as boiled, fried, scrambled, etc (one) <b>XEGGS</b>				☐	☐	☐	☐	☐	☐
Quiche (medium serving) <b>XQUICHE</b>				☐	☐	☐	☐	☐	☐
Salad cream, mayonnaise (tablespoon) <b>XMAYO</b>				☐	☐	☐	☐	☐	☐
French dressing/vinaigrette (tablespoon) <b>XVINAIGR</b>				☐	☐	☐	☐	☐	☐
<b>The following on bread, vegetables, etc:</b>									
Butter (teaspoon) <b>XBUTTER</b>				☐	☐	☐	☐	☐	☐
Hard margarine in wrapper, eg Stork, Krona (teaspoon) <b>XHARDMAR</b>				☐	☐	☐	☐	☐	☐
Polyunsaturated margarine, eg Flora, sunflower (tsp) <b>XPOLYUNS</b>				☐	☐	☐	☐	☐	☐
Other soft margarine in tub, eg Blue Band, Stork S.B. (tsp) <b>XSOFTMAR</b>				☐	☐	☐	☐	☐	☐
Low fat spread, eg Outline, Gold (teaspoon) <b>XLFSPREA</b>				☐	☐	☐	☐	☐	☐
	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 - DO NOT LEAVE ANY LINES BLANK.

**FOODS AND AMOUNTS****AVERAGE USE LAST YEAR****SWEETS & SNACKS  
(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
Sweet biscuits, eg Nice, digestive, chocolate (one)	<b>XBISCUIT</b>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cakes	<b>XCAKES</b>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Buns & pastries	<b>XBUNS</b>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fruit pies, tarts, crumbles	<b>XTARTS</b>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Milk puddings, eg rice, semolina, tapioca	<b>XMILKPUD</b>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sponge puddings	<b>XSPONGE</b>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ice cream, choc ices	<b>XICECREA</b>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Chocolates, chocolate bars, eg Mars, Crunchy	<b>XCHOC</b>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sweets, toffees, mints	<b>XSWEETS</b>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sugar added to tea, coffee, cereal (teaspoon)	<b>XSUGAR</b>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Crisps or other packet snacks, eg Wotsits	<b>XCRISPS</b>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Peanuts or other nuts	<b>XNUTS</b>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**SOUPS, SAUCES AND SPREADS**

Vegetable soups (bowl)	<b>XVEGSOU</b>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Meat soups (bowl)	<b>XMEATSO</b>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sauces, eg white sauce, cheese sauce, gravy (tablespoon)	<b>XSAUCE</b>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tomato ketchup (tablespoon)	<b>XKETCHU</b>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pickles, chutney (tablespoon)	<b>XPICKLES</b>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Marmite, Bovril (teaspoon)	<b>XMARMITE</b>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jam, marmalade, honey (teaspoon)	<b>XJAM</b>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Peanut butter (teaspoon)	<b>XPEANUB</b>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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
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## STRESS & HEALTH STUDY

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

### FOODS AND AMOUNTS

### AVERAGE USE LAST YEAR

DRINKS	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
Tea (cup) <b>XTEA</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Coffee, regular (cup) <b>XCOFFEE</b>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Coffee, decaffeinated (cup) <b>XDECAFF</b>				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cocoa, hot chocolate (cup) <b>XCOCOA</b>				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Horlicks, Ovaltine (cup) <b>XHORLI</b>				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wine (glass) <b>XWINE</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Beer, lager or cider (half pint) <b>XBEER</b>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Port, sherry, vermouth (glass) <b>XPORT</b>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Liqueurs eg Baileys (glass) <b>XLIQU</b>				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spirits, eg gin, brandy whisky, vodka (single) <b>XSPIRITS</b>				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fizzy soft drinks, eg Coca Cola, lemonade (glass) <b>XFIZZY</b>				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Low calorie or diet fizzy soft drinks (glass) <b>XLOWCAL</b>				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Real fruit juice (100%) eg orange, apple juice (glass) <b>XFJUICE</b>				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fruit squash or cordial (glass) <b>XSQUASH</b>				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>FRUIT (1 fruit or medium serving) For very seasonal fruits such as strawberries, please estimate your average use when the fruit is in season</b>									
Apples <b>XAPPLES</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pears <b>XPEARS</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Oranges, satsumas, mandarins <b>XORANGES</b>				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Grapefruit <b>XGRAPEFR</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bananas <b>XBANANAS</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Grapes <b>XGRAPES</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Melon <b>XMELON</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Peaches, plums, apricots <b>XPEACHES</b>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strawberries, raspberries <b>XSTRAWB</b>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tinned fruit <b>XTINFRUI</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dried fruit, eg raisins, prunes <b>XDRIEDFR</b>				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	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 - **DO NOT LEAVE ANY LINES BLANK.**

**FOODS AND AMOUNTS**

**AVERAGE USE LAST YEAR**

<b>VEGETABLES—FRESH, FROZEN OR TINNED (medium serving)</b>	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
Carrots <b>XCARROTS</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spinach <b>XSPINACH</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Broccoli <b>XBROCCOL</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spring greens, kale <b>XGREENS</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Brussels sprouts <b>XSPROUT</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cabbage <b>XCABBAGE</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Peas <b>XPEAS</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Green beans, broad beans runner beans <b>XBEANS</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Marrow, courgettes <b>XMARROW</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cauliflower <b>XCAULIFL</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Parsnips, turnips, swedes <b>XPARSNIP</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Leeks <b>XLEEKs</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Onions <b>XONIONS</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Garlic <b>XGARLIC</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mushrooms <b>XMUSHROO</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sweet peppers <b>XPEPPERS</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Green salad <b>XSALAD</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tomatoes <b>XTOMATO</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Coleslaw <b>XCOLESL</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Baked beans <b>XBAKEDB</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dried lentils, beans, peas <b>XLENTILS</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tofu or soya bean curd <b>XTOFU</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Soya meat, TVP, Vegeburger <b>XTVP</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**XREPRES 2** Are the foods listed on the previous pages representative of the foods that you usually eat or drink? Yes  No

**3** What kind of fat do you usually use for frying? **Select one only XFRYFAT**

Butter  Solid vegetable fat

Lard/dripping  Margarine  **XFFTYPE**

Liquid vegetable oil  None

Which brand do you usually use? ..... **XFFBRAND**

**4** What kind of fat do you usually use for baking? **Select one only XBAKEFAT**

Butter  Solid vegetable fat

Lard/dripping  Margarine  **XBFTYPE**

Liquid vegetable oil

..... **XBFBRAND**

Which brand do you usually use? .....

**XFRYHOME 5** How often do you eat food that is fried at home? **Select one only**

Less than once a week  4 - 6 times a week

1 - 3 times a week  Daily

**6** How often do you eat food that is fried away from home? **Select one only** XFRYAWAY

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

**7** What do you do with the visible fat on your meat? **Select one only** XMEATFAT

- Don't eat meat  Eat some of the fat   
 Eat as little as possible  Eat most of the fat

**8** How often do you eat grilled or roast meat? **Select one only** XOFTNGR

- Never  Once a week  5+ times per week   
 Less than once per week  2-4 times per week

**9** If you eat grilled or roast meat, do you usually have it - **Select one only** XHOWGRI

- Lightly cooked  Medium  Well done/dark brown

**10** How often do you add salt to food while cooking? **Select one only** XSALTCK

- Never  Sometimes  Always   
 Rarely  Usually

**11** How often do you add salt to any food at the table **before** tasting it? **Select one only** XPRESAL

- Never  Sometimes  Always   
 Rarely  Usually

**12** How often do you add salt to any food at the table **after** tasting it? **Select one only** XPOSTSA

- Never  Sometimes  Always   
 Rarely  Usually

**13** Do you regularly use a salt substitute (e.g. LoSalt)? Yes  No  XSALTSUB

XSALTBR

If yes, which brand .....

**14** Over the last five years have you regularly taken any vitamin, mineral, cod-liver oil, etc. supplements?

If yes, which brand? XVITAMIN Yes  No

Brand Name	Daily amount	Years taken in last 5 years
XVITBR1	XVITDO1	XVITTY1
XVITBR2	XVITDO2	XVITTY2
XVITBR3	XVITDO3	XVITTY3

**FOR OFFICE USE ONLY**

**STUDY NUMBER**

0	0	0	0	0	0	A	N
1	1	1	1	1	1	B	O
2	2	2	2	2	2	C	P
3	3	3	3	3	3	D	Q
4	4	4	4	4	4	E	R
5	5	5	5	5	5	F	S
6	6	6	6	6	6	G	T
7	7	7	7	7	7	H	U
8	8	8	8	8	8	I	V
9	9	9	9	9	9	J	W
						K	X
						L	Y
						M	Z