

Please note that you do not have to be too precise when blocking 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:

[illegible]

1997 FOOD QUESTIONNAIRE

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 IN LAST 12 MONTHS

MEAT AND FISH

(include meat, fish & poultry eaten in sandwiches)

Beef: roast, steak, mince, **TBEEF**
stew or casserole

Amount

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

Medium
serving

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Beefburgers **TBEEFBUR**

One medium
burger

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Pork: roast, chops or stew **TPORK**

Medium
serving

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Lamb: roast, chops or stew **TLAMB**

Medium
serving

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Chicken or other poultry **TCHICK**

Medium
serving

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Bacon **TBACON**

Two
rashers

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Ham **THAM**

One medium-
thick slice

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Corned beef, Spam,
luncheon meats **TCORNB**

One medium-
thick slice

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Sausages **TSAUSAG**

Two
medium

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Savoury pies, eg meat pie,
pork pie, pasties, steak &
kidney pie **TSAPIES**

One
individual pie

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Liver, liver pate, liver sausage **TLIVER**

Medium
serving

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Fried fish in batter,
as in fish and chips **TBATFISH**

One medium
fillet

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Fish fingers, fish cakes **TFISHFIN**

Two
pieces

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Other white fish, fresh or
frozen, eg cod, haddock
plaice, sole, halibut **TWHIFISH**

One medium
fillet or
serving

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Oily fish, fresh or canned,
eg mackerel, kippers, tuna,
salmon, sardines, herring **TOILFISH**

One medium
fillet

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Shellfish, eg crab, prawns
mussels **TSHEFISH**

Medium
serving

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Amount

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 IN LAST 12 MONTHS****BREAD & SAVOURY BISCUITS**
(include bread eaten in sandwiches)

	Amount	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 and bread rolls TWHIBRD	One slice or roll	☐	☐	☐	☐	☐	☐	☐	☐	☐
Brown bread and rolls TBROBRD	One slice or roll	☐	☐	☐	☐	☐	☐	☐	☐	☐
Wholemeal bread and rolls TWHOLBRD	One slice or roll	☐	☐	☐	☐	☐	☐	☐	☐	☐
Cream crackers, cheese bisc. TCRACKER	One biscuit	☐	☐	☐	☐	☐	☐	☐	☐	☐
Crispbread, eg Ryvita TCRISBRD	One slice	☐	☐	☐	☐	☐	☐	☐	☐	☐

CEREALS**TCEREALS**

Do you eat cereals?

Yes ☐ No ☐

If **no**, please go to 'POTATOES, RICE AND PASTA'.

If **yes**, please indicate which brand(s) (eg. Kellogg's) and type(s) (eg. Corn Flakes) and the amount used in the last 12 months.

Brand	Amount (one medium cereal bowl)
1.	Never or less than once/mth
Type	1 - 3 per mth
TCEREAL1	Once a week
Brand	2 - 4 per week
2.	5 - 6 per week
Type	Once a day
TCEREAL2	2 - 3 per day
	4 - 5 per day
	6 + per day

POTATOES, RICE AND PASTA

Boiled, mashed, instant or jacket potatoes TBOILPOT	One medium potato/serving	☐	☐	☐	☐	☐	☐	☐	☐	
Chips or french fries TCHIPS	Medium serving	☐	☐	☐	☐	☐	☐	☐	☐	
Roast potatoes TROASPOT	One medium potato	☐	☐	☐	☐	☐	☐	☐	☐	
Potato salad TPOTSALD	Half cup	☐	☐	☐	☐	☐	☐	☐	☐	
White rice TWRICE	Half cup cooked	☐	☐	☐	☐	☐	☐	☐	☐	
Brown rice TBRICE	Half cup cooked	☐	☐	☐	☐	☐	☐	☐	☐	
White or green pasta, eg spaghetti, macaroni, noodles TPASTA	One cup cooked	☐	☐	☐	☐	☐	☐	☐	☐	
	Amount	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

1997 FOOD QUESTIONNAIRE

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

FOODS AND AMOUNTS

AVERAGE USE IN LAST 12 MONTHS

POTATOES, RICE & PASTA

(Continued)

	Amount	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
Wholemeal pasta TWHPASTA	One cup cooked	☐	☐	☐	☐	☐	☐	☐	☐	☐
Lasagne TLASAGNE	3" x 3" square	☐	☐	☐	☐	☐	☐	☐	☐	☐
Pizza TPIZZA	One medium slice	☐	☐	☐	☐	☐	☐	☐	☐	☐

DAIRY PRODUCTS & FATS

Single cream TSCREAM	Tablespoon	☐	☐	☐	☐	☐	☐	☐	☐	☐
Double or clotted cream TDCREAM	Tablespoon	☐	☐	☐	☐	☐	☐	☐	☐	☐
Yoghurt TYOGHURT	5 oz. carton	☐	☐	☐	☐	☐	☐	☐	☐	☐
Cheese, eg Cheddar, Brie, Edam TCHEESE	1 oz/30 g piece (matchbox size)	☐	☐	☐	☐	☐	☐	☐	☐	☐
Cottage Cheese, low fat soft cheese TCOTCHE	One tablespoon	☐	☐	☐	☐	☐	☐	☐	☐	☐
Eggs as boiled, fried, scrambled, etc. TEGGS	One	☐	☐	☐	☐	☐	☐	☐	☐	☐
Quiche TQUICHE	Medium slice	☐	☐	☐	☐	☐	☐	☐	☐	☐
Salad cream, mayonnaise TMAYO	Tablespoon	☐	☐	☐	☐	☐	☐	☐	☐	☐
French dressing/vinaigrette TVINAIGR	Tablespoon	☐	☐	☐	☐	☐	☐	☐	☐	☐

The following on bread, vegetables, sandwiches etc:

Butter TBUTTER	Teaspoon	☐	☐	☐	☐	☐	☐	☐	☐	☐
Hard margarine in wrapper, eg Stork, Krona THARDMAR	Teaspoon	☐	☐	☐	☐	☐	☐	☐	☐	☐
Polyunsaturated margarine, eg Flora, sunflower TPOLYUNS	Teaspoon	☐	☐	☐	☐	☐	☐	☐	☐	☐
Other soft margarine in tub eg Blue Band, Stork S.B. TSOFTMAR	Teaspoon	☐	☐	☐	☐	☐	☐	☐	☐	☐
Low fat spread, eg Outline, Gold TLFSPREA	Teaspoon	☐	☐	☐	☐	☐	☐	☐	☐	☐
Amount		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 IN LAST 12 MONTHS****SWEETS & SNACKS**

	Amount	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 TBISCUIT	One	☐	☐	☐	☐	☐	☐	☐	☐	☐
Cakes TCAKES	Medium slice	☐	☐	☐	☐	☐	☐	☐	☐	☐
Buns & pastries TBUNS	One	☐	☐	☐	☐	☐	☐	☐	☐	☐
Fruit pies, tarts, crumbles TTARTS	Medium slice/serving	☐	☐	☐	☐	☐	☐	☐	☐	☐
Milk puddings, eg rice, semolina, tapioca TMILKPUD	Medium serving	☐	☐	☐	☐	☐	☐	☐	☐	☐
Sponge puddings TSPONGE	Medium serving	☐	☐	☐	☐	☐	☐	☐	☐	☐
Ice cream, choc ices TICECREA	One scoop	☐	☐	☐	☐	☐	☐	☐	☐	☐
Chocolate, chocolate bars, eg Mars, Crunchy TCHOC	One bar/ four chocolates	☐	☐	☐	☐	☐	☐	☐	☐	☐
Sweets, toffees, mints TSWEETS	One	☐	☐	☐	☐	☐	☐	☐	☐	☐
Sugar added to tea, coffee, cereal TSUGAR	Teaspoon	☐	☐	☐	☐	☐	☐	☐	☐	☐
Crisps or other packet snacks, eg Wotsits TCRISPS	1 small (25 g) packet	☐	☐	☐	☐	☐	☐	☐	☐	☐
Peanuts or other nuts TNUTS	10 whole	☐	☐	☐	☐	☐	☐	☐	☐	☐

SOUPS, SAUCES AND SPREADS

Vegetable soups TVEGSOUP	Medium soup bowl	☐	☐	☐	☐	☐	☐	☐	☐	☐
Meat soups TMEATSOU	Medium soup bowl	☐	☐	☐	☐	☐	☐	☐	☐	☐
Sauces, eg white sauce, cheese sauce, gravy ТСAUCE	Tablespoon	☐	☐	☐	☐	☐	☐	☐	☐	☐
Tomato ketchup TKETCHUP	Tablespoon	☐	☐	☐	☐	☐	☐	☐	☐	☐
Pickles, chutney TPICKLES	Tablespoon	☐	☐	☐	☐	☐	☐	☐	☐	☐
Marmite, Bovril TMARMITE	Teaspoon	☐	☐	☐	☐	☐	☐	☐	☐	☐
Jam, marmalade, honey TJAM	Teaspoon	☐	☐	☐	☐	☐	☐	☐	☐	☐
Peanut butter TPEANUTB	Teaspoon	☐	☐	☐	☐	☐	☐	☐	☐	☐

Amount	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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1997 FOOD QUESTIONNAIRE

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

FOODS AND AMOUNTS

AVERAGE USE IN LAST 12 MONTHS

DRINKS

'Average glass' means 200 ml/7 oz

'Wine glass' means 125 ml/4.5 oz

	Amount	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 TTEA	Cup	☐	☐	☐	☐	☐	☐	☐	☐	☐
Coffee, regular TCOFFEE	Cup	☐	☐	☐	☐	☐	☐	☐	☐	☐
Coffee, decaffeinated TDECAFF	Cup	☐	☐	☐	☐	☐	☐	☐	☐	☐
Coffee whitener eg. Coffee-mate TCOFFWH	Teaspoon	☐	☐	☐	☐	☐	☐	☐	☐	☐
Cocoa, hot chocolate TCOCOA	Cup	☐	☐	☐	☐	☐	☐	☐	☐	☐
Horlicks, Ovaltine THORLI	Cup	☐	☐	☐	☐	☐	☐	☐	☐	☐
Wine TWINE	Wine glass	☐	☐	☐	☐	☐	☐	☐	☐	☐
Beer, lager or cider TBEER	Half pint	☐	☐	☐	☐	☐	☐	☐	☐	☐
Port, sherry, vermouth TPORT	Measure (50 ml)	☐	☐	☐	☐	☐	☐	☐	☐	☐
Liqueurs eg Baileys TLIQU	Measure (50 ml)	☐	☐	☐	☐	☐	☐	☐	☐	☐
Spirits, eg gin, brandy whisky, vodka TSPIRITS	Single	☐	☐	☐	☐	☐	☐	☐	☐	☐
Fizzy soft drinks, eg Coca Cola, lemonade TFIZZY	Average glass	☐	☐	☐	☐	☐	☐	☐	☐	☐
Low calorie or diet fizzy soft drinks TLOWCAL	Average glass	☐	☐	☐	☐	☐	☐	☐	☐	☐
Real fruit juice (100%) eg orange, apple juice TFJUICE	Average glass	☐	☐	☐	☐	☐	☐	☐	☐	☐
Fruit squash or cordial TSQUASH	Average glass	☐	☐	☐	☐	☐	☐	☐	☐	☐

FRUIT For very seasonal fruits such as strawberries, please estimate your average use when the fruit is in season

Apples TAPPLES	One medium	☐	☐	☐	☐	☐	☐	☐	☐	☐
Pears TPEARS	One medium	☐	☐	☐	☐	☐	☐	☐	☐	☐
Oranges, satsumas, mandarins TORANGES	One medium	☐	☐	☐	☐	☐	☐	☐	☐	☐
Grapefruit TGRAPEFR	Half medium	☐	☐	☐	☐	☐	☐	☐	☐	☐
Bananas TBANANAS	One medium	☐	☐	☐	☐	☐	☐	☐	☐	☐
Grapes TGRAPES	Small bunch	☐	☐	☐	☐	☐	☐	☐	☐	☐
	Amount	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 IN LAST 12 MONTHS

FRUIT

(continued)

	Amount	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
Melon TMELON	Half medium	☐	☐	☐	☐	☐	☐	☐	☐	☐
Peaches, plums, apricots TPEACHES	One	☐	☐	☐	☐	☐	☐	☐	☐	☐
Strawberries, raspberries TSTRAWB	Medium serving	☐	☐	☐	☐	☐	☐	☐	☐	☐
Tinned fruit TTNFRUIT	Medium serving	☐	☐	☐	☐	☐	☐	☐	☐	☐
Dried fruit, eg raisins, prunes TDRIEDFR	Medium serving	☐	☐	☐	☐	☐	☐	☐	☐	☐

VEGETABLES - FRESH, FROZEN OR TINNED

Carrots TCARROTS	One medium	☐	☐	☐	☐	☐	☐	☐	☐	☐
Spinach TSPINACH	Medium serving	☐	☐	☐	☐	☐	☐	☐	☐	☐
Broccoli TBROCCOL	Medium serving	☐	☐	☐	☐	☐	☐	☐	☐	☐
Spring greens, kale TGREENS	Medium serving	☐	☐	☐	☐	☐	☐	☐	☐	☐
Brussels sprouts TSPROUTS	Five sprouts	☐	☐	☐	☐	☐	☐	☐	☐	☐
Cabbage TCABBAGE	Quarter small	☐	☐	☐	☐	☐	☐	☐	☐	☐
Peas TPEAS	One tablespoon	☐	☐	☐	☐	☐	☐	☐	☐	☐
Green beans, broad beans, runner beans TBEANS	Medium serving	☐	☐	☐	☐	☐	☐	☐	☐	☐
Marrow, courgettes TMARROW	Medium serving	☐	☐	☐	☐	☐	☐	☐	☐	☐
Cauliflower TCAULIFL	Medium serving	☐	☐	☐	☐	☐	☐	☐	☐	☐
Parsnips, turnips, swedes TPARSNIP	One medium	☐	☐	☐	☐	☐	☐	☐	☐	☐
Leeks TLEEKs	One medium	☐	☐	☐	☐	☐	☐	☐	☐	☐
Onion TONIONS	One medium	☐	☐	☐	☐	☐	☐	☐	☐	☐
Garlic TGARLIC	One clove	☐	☐	☐	☐	☐	☐	☐	☐	☐
Mushrooms TMUSHROO	Medium serving	☐	☐	☐	☐	☐	☐	☐	☐	☐
Sweet peppers TPEPPERS	One medium	☐	☐	☐	☐	☐	☐	☐	☐	☐
	Amount	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

1997 FOOD QUESTIONNAIRE

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

FOODS AND AMOUNTS

AVERAGE USE IN LAST 12 MONTHS

VEGETABLES

(continued)

	Amount	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
Green salad TSALAD	Medium serving	☐	☐	☐	☐	☐	☐	☐	☐	☐
Tomatoes TTOMATO	One medium	☐	☐	☐	☐	☐	☐	☐	☐	☐
Coleslaw TCOLESL	One tablespoon	☐	☐	☐	☐	☐	☐	☐	☐	☐
Baked beans TBAKEDB	One tablespoon	☐	☐	☐	☐	☐	☐	☐	☐	☐
Dried lentils, beans, peas TLENTILS	One tbs cooked	☐	☐	☐	☐	☐	☐	☐	☐	☐
Tofu or soya bean curd TTOFU	2" x 2" x 1" piece	☐	☐	☐	☐	☐	☐	☐	☐	☐
Soya meat, TVP, Vegeburger TTVP	One burger	☐	☐	☐	☐	☐	☐	☐	☐	☐
	Amount	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

- 2 Are the foods listed on the previous pages representative of the foods that you ate or drank in the last 12 months?

TREPRES

Yes ☐ No ☐

- 3 Are there any **other** foods which you ate more than once a week? Yes ☐ No ☐

If yes, please list below **TFOODOTH**

Food	Usual serving size	Number of times eaten each week

- 4 What type of milk did you most often use?

TMILKUSE

Select one only.

Full cream, silver ☐

Semi-skimmed, red/white ☐

Skimmed/fat free ☐

Channel Islands, gold ☐

Dried milk ☐

Soya ☐

Other ☐ specify

None ☐

If you used soya milk, please describe brand and type

- 5 How much milk did you drink each day, including milk with tea, coffee, cereals etc?

TMILKDAY

None ☐

Three quarters of a pint ☐

Quarter of a pint ☐

One pint ☐

Half a pint ☐

More than one pint ☐

TFRYFAT

6 What kind of fat do you use most often for frying, roasting, grilling etc? **Select one only.**

Butter	☐	Solid vegetable fat	☐
Lard/dripping	☐	Margarine	☐
Liquid vegetable oil	☐	None	☐

Which brand do you usually use?

If you used vegetable oil, please give type
eg corn, sunflower.

7 What kind of fat do you usually use for baking? **Select one only.** **TBAKEFAT**

Butter	☐	Solid vegetable fat	☐
Lard/dripping	☐	Margarine	☐
Liquid vegetable oil	☐	None	☐

Which brand do you usually use?

8 How often do you eat food that is fried? **Select one only.** **TFRYEAT**

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

9 What do you do with the visible fat on your meat? **Select one only.** **TMEATFAT**

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

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

Never	☐	Sometimes	☐	Always	☐
Rarely	☐	Usually	☐		

11 How often do you add salt to any food at the table? **Select one only.** **TSALTTAB**

Never	☐	Sometimes	☐	Always	☐
Rarely	☐	Usually	☐		

12 Do you regularly use a salt substitute (e.g. LoSalt)? **TSALTSUB**

Yes ☐ No ☐

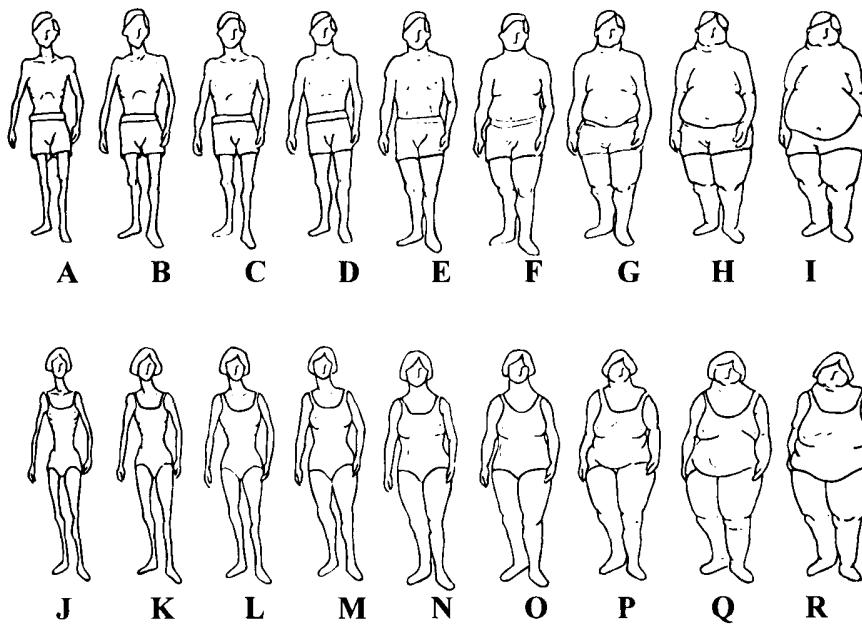
If yes, which brand?

TVITSUP

- 13 Over the last 12 months have you regularly taken any
 vitamin, mineral, cod-liver/fish oil, or other food supplements? Yes ☐ No ☐

If yes, list name, brand and daily dose (use one line for each supplement).
 Two examples are provided as a guide.

Name or Type (e.g. multivitamin + iron, vitamin C, Pulse one-a-day cod liver oil ...)	Brand (e.g. Boots, FSC, Sanatogen ...)	Daily amount (no. of tablets/capsules/ tblsp taken per day ...)	Total daily dose (e.g. grams, mg etc. Only complete for supplements with 3 or fewer nutrients)	Currently taking (mark one)
<i>Calcium and Vitamin D</i>	<i>Boots</i>	<i>1 tablet</i>	<i>500 mg calcium 2.5 mg vitamin D</i>	☐ Y ☒ N
<i>Fort-E (vitamin E)</i>	<i>Lanes</i>	<i>2 capsules</i>	<i>400 iu per day</i>	☒ Y ☐ N
				☐ Y ☐ N TVITCUR1
				☐ Y ☐ N TVITCUR2
				☐ Y ☐ N TVITCUR3
				☐ Y ☐ N TVITCUR4
				☐ Y ☐ N TVITCUR5
				☐ Y ☐ N TVITCUR6



14 From the figures above, please select the silhouette most like the body build of your father. **TBDIFAT**
Select one only.

A ☐ B ☐ C ☐ D ☐ E ☐
 F ☐ G ☐ H ☐ I ☐

Is this person your natural (biological) father? Yes ☐ No ☐ **TBDIFBIO**

15 From the figures above, please select the silhouette most like the body build of your mother.
Select one only.

J ☐ K ☐ L ☐ M ☐ N ☐ **TBDIMOT**
 O ☐ P ☐ Q ☐ R ☐

Is this person your natural (biological) mother? Yes ☐ No ☐ **TBDIMBIO**

16 From the figures above, please select the silhouette that most closely resembles your own body build.
Select one only.

Men A ☐ B ☐ C ☐ D ☐ E ☐ **TBDIOWNM**
 F ☐ G ☐ H ☐ I ☐

Women J ☐ K ☐ L ☐ M ☐ N ☐ **TBDIOWNF**
 O ☐ P ☐ Q ☐ R ☐

17 From the figures above, please select the silhouette that corresponds most closely with the ideal male figure. **Select one only.**

A ☐ B ☐ C ☐ D ☐ E ☐ **TBDIDEAM**
 F ☐ G ☐ H ☐ I ☐

18 From the figures above, please select the silhouette that corresponds most closely with the ideal female figure. **Select one only.**

J ☐ K ☐ L ☐ M ☐ N ☐ **TBDIDEAF**
 O ☐ P ☐ Q ☐ R ☐

Please read each of the following 36 statements carefully. If you agree with the statement, or feel that it is **true** as applied to you, answer true by blocking in the appropriate rectangle like this **■**. If you disagree with the statement, or feel that it is **false** as applied to you, answer false by blocking in the appropriate rectangle

TTFMEAT

19 When I smell a roasting chicken or see a juicy piece of meat, I find it very difficult to keep from eating, even if I have just finished a meal.

True ☐ False ☐

TTFSOCIA

20 I usually eat too much at social occasions, like parties and picnics.

True ☐ False ☐

21 I am usually so hungry that I eat more than three times a day. **TTFHUN3D**

True ☐ False ☐

22 When I have eaten my quota of calories, I am usually good about not eating any more. **TTFQUOTA**

True ☐ False ☐

23 Dieting is so hard for me because I just get too hungry. **TTFHARD**

True ☐ False ☐

TTFSMALL

24 I deliberately take small helping as a means of controlling my weight.

True ☐ False ☐

25 Sometimes things just taste so good that I keep on eating even when I am no longer hungry. **TTFASTE**

True ☐ False ☐

TTFEXPER

26 Since I am often hungry, I sometimes wish that while I am eating, an expert would tell me that I have had enough or that I can have something more to eat.

True ☐ False ☐

27 When I feel anxious, I find myself eating. **TTFANXIO**

True ☐ False ☐

28 Life is too short to worry about dieting. **TTFSHORT**

True ☐ False ☐

29 Since my weight goes up and down, I have gone on reducing diets more than once. **TTFUPDOW**

True ☐ False ☐

30 I often feel so hungry that I just have to eat something. **TTFHUNSM**

True ☐ False ☐

TTFOVERE

31 When I am with someone who is overeating, I usually overeat too.

True ☐ False ☐

32 I have a pretty good idea of the number of calories in common foods. **TTFICALS**

True ☐ False ☐

33 Sometimes when I start eating, I just can't seem to stop. **TTFSTOP**

True ☐ False ☐

34 It is not difficult for me to leave something on my plate. **TTFLEAVE**

True ☐ False ☐

35 At certain times of the day, I get hungry because I have become used to eating then. **TTFUSED**

True ☐ False ☐

36 While on a diet, if I eat a food that is not allowed, I consciously eat less for a period of time to make up for it. **TTFALLOW**

True ☐ False ☐

37 Being with someone who is eating often makes me hungry enough to eat also. **TTF SOME O**

True ☐ False ☐

38 When I feel low, I often overeat. **TTFLOW**

True ☐ False ☐

39 I enjoy eating too much to spoil it by counting calories or watching my weight. **TTF SPOIL**

True ☐ False ☐

40 When I see a real delicacy, I often get so hungry that I have to eat right away. **TTFDELIC**

True ☐ False ☐

41 I often stop eating when I am not really full as a conscious means of limiting the amount that I eat.	TTFNOFUL	True ☐	False ☐
42 I get so hungry that my stomach often seems like a bottomless pit.	TTFPIT	True ☐	False ☐
43 My weight has hardly changed at all in the last ten years.	TTFTENYR	True ☐	False ☐
44 I am always hungry so it is hard for me to stop eating before I finish the food on my plate.	TTFFINIS	True ☐	False ☐
45 When I feel lonely, I console myself by eating.	TTFLONEL	True ☐	False ☐
46 I consciously hold back at meals in order not to gain weight.	TTFHOLD	True ☐	False ☐
47 I sometimes get very hungry late in the evening or at night.	TTFLATE	True ☐	False ☐
48 I eat anything I want, any time I want.	TTFWANT	True ☐	False ☐
49 Without even thinking about it, I take a long time to eat.	TTFLONGT	True ☐	False ☐
50 I count calories as a conscious means of controlling my weight.	TTFCONTR	True ☐	False ☐
51 I do not eat some foods because they make me fat.	TTFFAT	True ☐	False ☐
52 I am always hungry enough to eat at any time.	TTFANYTI	True ☐	False ☐
53 I pay a great deal of attention to changes in my figure.	TTFFIGUR	True ☐	False ☐
54 While on a diet, if I eat a food that is not allowed, I often then 'splurge' and eat other high calorie food.	TTFSPLUG	True ☐	False ☐

Each question in this section is followed by a number of answer options. After reading each question carefully, choose the one option which most applies to you, and block in the appropriate rectangle.

55 How often are you dieting in a conscious effort to control your weight?	TTFOFDIE			
	Rarely ☐	Sometimes ☐	Usually ☐	Always ☐
56 Would a weight fluctuation of 5 lbs affect the way you live your life?	TTFFLUCT			
	Not at all ☐	Slightly ☐	Moderately ☐	Very much ☐
57 How often do you feel hungry?	TTFOFHUN			
	Only at meal times ☐	Sometimes between meals ☐	Often between meals ☐	Almost always ☐
58 Do your feelings of guilt about overeating help you to control your food intake?	TTFGUILT			
	Never ☐	Rarely ☐	Often ☐	Always ☐
59 How difficult would it be for you to stop eating halfway through dinner and not eat for the next four hours?	TTFHALFW			
	Easy ☐	Slightly difficult ☐	Moderately difficult ☐	Very difficult ☐
60 How conscious are you of what you are eating?	TTFCONSC			
	Not at all ☐	Slightly ☐	Moderately ☐	Extremely ☐
61 How frequently do you <i>avoid</i> 'stocking up' on tempting foods?	TTFTEMPT			
	Almost never ☐	Seldom ☐	Usually ☐	Almost always ☐
62 How likely are you to shop for low calorie foods?	TTFLOWCA			
	Unlikely ☐	Slightly likely ☐	Moderately likely ☐	Very likely ☐

1997 FOOD QUESTIONNAIRE

TTFOTHAL

63 Do you eat sensibly in front of others and 'splurge' alone?

Never ☐ Rarely ☐ Often ☐ Always ☐

64 How likely are you to consciously eat slowly in order to cut down on how much you eat?

TTFLOWL

Unlikely ☐ Slightly likely ☐ Moderately likely ☐ Very likely ☐

65 How frequently do you skip dessert because you are no longer hungry?

TTFSKIPD

Almost never ☐ Seldom ☐ At least once a week ☐ Almost every day ☐

66 How likely are you to consciously eat less than you want?

TTFELESS

Unlikely ☐ Slightly likely ☐ Moderately likely ☐ Very likely ☐

67 Do you go on eating binges even though you are not hungry?

TTFBINGE

Never ☐ Rarely ☐ Sometimes ☐ At least once a week ☐

68 To what extent does this statement describe your eating behaviour?

"I start dieting in the morning, but because of any number of things that happen during the day, by evening I have given up and eat what I want, promising myself to start dieting again tomorrow."

TTFBEHAV

Not like me ☐ A little like me ☐ Pretty good description of me ☐ Describes me perfectly ☐

69 On a scale of 1 to 6, where 1 means no restraint in eating (eat whatever you want, whenever you want it) and 6 means total restraint (constantly limiting food intake and never 'giving in'), what number would you give yourself?

TTFRESTR

1. Eat whatever you want, whenever you want it ☐
2. Usually eat whatever you want, whenever you want it ☐
3. Often eat whatever you want, whenever you want it ☐
4. Often limit food intake, but often 'give in' ☐
5. Usually limit food intake, rarely 'give in' ☐
6. Constantly limiting food intake, never 'giving in' ☐

70 Are you on a slimming diet now?

Yes ☐ No ☐ TDIETNOW

If yes, how long have you been on a slimming diet?

TDIETLNG

- 2 weeks or less ☐
- Between 2 weeks and 1 month ☐
- Between 1 month and 2 months ☐
- 2 to 4 months ☐
- 4 to 6 months ☐
- 6 months or more ☐

Please complete TDOCFFQ

Today's Date

Day

0 10 20 30
0 1 2 3 4 5 6 7 8 9

Month

TMDCCFFQ

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

Year

TYOCFFQ

1997 1998 1999

Thank you for completing the 1997 Food Questionnaire

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TMOYFFQ

TYORFFQ

Date Received

0 10 20 30

0 1 2 3 4 5 6 7 8 9

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

1997 1998 1999

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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