STRESS AND HEALTH STUDY

PHASE 7 FOOD QUESTIONNAIRE

For each food, please tick the box to indicate how often, on **average** you have eaten the specified amount **during the past 12 months**.

EXAMPLES:

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

FOODS AND AMOUN		AVERAGE USE LAST 12 MONTHS											
BREAD AND SAVOURY BISCUITS	Amount	Never or less than once/mth	1-3 per week	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	One slice or roll								√				
• •	For chips, the amount is a 'medium serving', so if you have a medium helping of chips twice a week you should tick the box in the column headed '2 – 4 per week'.												
POTATOES,RICE AND PASTA	Amount	Never or less than once/mth	1 – 3 per week	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			
Chips or french fries	Medium serving												
For very seasonal fruits average use when the fruits once a week when they are a week'.	iits are in	season,	so if	you ea	t strav	vberrie	s or ra	aspberr	ies abo	ut			
FRUIT	Amount	Never or less than once/mth	1-3 per month	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	Medium serving			√	Γ	[]							

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 1 - 3 2 - 45 - 62 - 3 4 – 5 6+ Never or Once Once (include meat, fish & poultry less than per per per per per a per a mth eaten in sandwiches) once/mth week week week day day day Amount day MBEEF Beef: roast, steak, mince. Medium stew or casserole serving One medium \Box Beefburgers MBEEFBUR Ü burger Medium MPORK Pork: roast, chops or stew -serving Medium **MLAMB**Lamb: roast, chops or stew serving Medium **MCHICK** Chicken or other poultry serving Two -] Bacon MBACON rashers One medium Ham MHAM thick slice Corned beef, Spam or One medium luncheon meats MCORNBF thick slice Two Sausages **MSAUSAG** medium Savoury pies, eg meat pie, One pork pie, pasties, steak & individual pie kidney pie MSAVPIES Medium Liver, liver pate, liver sausage serving MLIVER Fried fish in batter, One medium as in fish and chips MBATFISH П fillet Two Fish fingers or fish cakes **MFISHFIN** pieces Other white fish, fresh or One medium frozen, eg cod, haddock \Box fillet or plaice, sole, halibut MWHIFISH serving Oily fish, fresh or canned, One medium \Box 1 eg mackerel, kippers, tuna, fillet salmon, sardines, herring **MOILFISH** Shellfish, eg crab, pawns, Medium]mussels serving **MSHEFISH** 4 - 51 - 3 Once 2 - 45 – 6 Once 6 + Never or 2 - 3less than per per per a per per per once/mth week week week day day day day mth Amount

FOODS AND AMOU	NIS	4	AVEI	RAGE	USE	IN LA	SI 12	MON	VIHS	
BREAD & SAVOURY BISCUITS (include bread eaten in sandwiches) MWHIBRD	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 bread and rolls	One slice or roll					7	[]	L	[]	
MBROBRD Brown bread and rolls	One slice or roll				-	. 1		j		
MWHOLBRD — Wholemeal bread and rolls	One slice or roll	l 🔲						П		
MCRACKER Cream crackers, cheese bisc.	One biscuit									
Crispbread, eg Ryvita MCRISBRD	One slice		П		L					
CEREALS										
Do you eat cereals? MC If no, please go to 'POTA'I If yes, please indicate which in the last 12 months.				d type(s Amou						sed
		Never or	1-3	Once	2-4	5-6	Once	2-3	4-5	6+
1. Brand		less than once/mth	per mth	a week	per week	per week	a day	per day	per day	per day
MCEREAL1										
Туре			Γ			Ľ		L		
Brand 2. MCEREAL2 Type			Л							
			. 1							
POTATOES, RICE AND	PASTA									
Boiled, mashed, instant or jacket potatoes MBOILPOT	One medium potato/serving	Ţ,								
Chips or french fries MCHIP	Medium serving									
Roast potatoes MROASPOT	One medium potato									
Potato salad MPOTSALD	Half cup									
White rice MWRICE	Half cup cooked									
Brown rice MBRICE	Half cup cooked			Ľ.		Ľ		Li		
	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

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 MPASTA	One cup cooked									L
White or green pasta eg spaghetti, macaroni, noodles	cooked	MWHPA\$	STA			. ,		I		
Lasagne MLASAGNE	3" x 3" square					П				
Pizza MPIZZA	One medium slice									
DAIRY PRODUCTS & F	TATS									
Single cream MSCREAM	Tablespoon	ſ.;								
Double or clotted cream	Tablespoon	MDCRE	AM]					
Yoghurt MYOGHURT	5 oz. carton									
Cheese, eg Cheddar. Brie. Edam MCHEESE	1 oz/30 g piece (matchbox size)									
Cottage Cheese, low fat soft cheese MCOMCHE	One tablespoon								Г	
Eggs as boiled, fried, scrambled, etc MEGO	S One									: i I :
Quiche MQUICHE	Medium slice									
Salad cream, mayonnaise MMAYO	Tablespoon									
French dressing/vinaigrette MVINAIGR _	Tablespoon						[]			
The following on bread, v	vegetables, sa	ndwic <u>he</u>	s etc:							
Butter MBUTTER	Teaspoon		П		ٺ					
Hard margarine in wrapper eg Stork, Krona MHARDM	AR Teaspoon									!
Polyunsaturated margarine, eg Flora, sunflower MPOLY	'UNS									
Other soft margarine in tub eg Blue Band, Stork S.B.	Teaspoon	ISOFTM	AR							
Low fat spread, et Outline, Gold	Teaspoon	MLFSPR	EA							
	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.

AVERAGE LISE IN LAST 12 MONTHS

FOODS AND AMOUNTS	***			AVER	RAGE L	JSE IN	LAST	12 MC	ONTHS	
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 MBISCUIT	One									
Cakes MCAKES	Medium slice		j		i i	o mai	1.			
Buns & pastries MBUNS	One		-							
Fruit pies, tarts, crumbles	Medium slice/serving	MTART	S							
Milk puddings, eg rice, semolina, tapioca	Medium serving	MMILKP	UD							
Sponge puddings MSPONGE	Medium serving	Ш								
Ice cream, choc ices	One scoop	IICECRE	A							
Chocolate, chocolate bars, eg Mars, Crunchy	One bar/ our chocolate	s МСН	ос							
Sweets, toffees, mints MSWEE	TS One		_							
Sugar added to tea, coffee, cereal MSUGAR	Teaspoon			u			<u> </u>	لنا	ш	_
Crisps or other packet snacks, eg Wotsits MCRISPS	1small (25g) packet					[Ш
Peanuts or other nuts MNUTS	10 whole			:		Ц		Ш		
SOUPS, SAUCES AND SP	READS									
Vegetable soups MVEGSOUP	Medium soup bowl	<u></u>								
Meat soups MMEATSOU	Medium soup bowl	· . —								
Sauces, eg white sauce. cheese sauce, gravy MSAUCI	Tablespoon				,					
Tomato ketchup MKETCHUP		<u> </u>								
Pickles, chutney MPICKLES	Tablespoon	<u> </u>	-							
Marmite, Bovril MMARMITE	Teaspoon									
Jam, marmalade, honey MJAN	Teaspoon									
Peanut butter MPEANUTB	Teaspoon	J	_							_
•	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

FOODS AND AMOUNTS				AVE	RAGE	USE II	V LAS	1 72 M	ONTH	<u> </u>
DRINKS 'Average glass' means 200 ml/7oz '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
Теа МТЕД	Cup							1		
Coffee, regular MCOFFEE	Cup									
Coffee, decaffeinated MDECA	NFF Cup									
Coffee whitener eg. Coffee- mate MCOFFWH	Teaspoon									
Cocoa, hot chocolate MCOCO)A Cup								<u> </u>	
Horlicks, Ovaltine MHORLI	Cup									
Wine MWINE	Wine glass									
Beer, lager or cider MBEER	Half pint									
Port, sherry or vermouth MPO	RT Measure (50 ml)		ĵ							
Liqueurs eg Baileys MLIQU	Measure (50 ml)		Ĺ							
Spirits, eg gin, brandv. whisky, vodka MSPIRITS	Single (25ml)									
Fizzy soft drinks, eg Coca Cola, lemonade MFIZZY	Average glass									
Low calorie or diet fizzy soft drinks MLOWCAL	Average glass									
Real fruit juice (100% MFJUI) eg orange, apple juice	CE Average glass									
Fruit squash or cordial	Average glass									
FRUIT For very seasonal fruit is in season		as straw	berrie	s, pleas	e estim	ate you	r avera	ge use	when th	ne
Apples MAPPLES	One Medium						Ľ			
Pears MPEARS	One medium									
Oranges, satsumas. mandarins MORANGES	One medium									
Grapefruit MGRAPEFR	Half medium									
Bananas MBANANAS	One medium	Ľ.								
Grapes MGRAPES	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

FOODS AND AMOUNTS				AVER	RAGE L	JSE IN	LAST	12 MC	NTHS	
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 MMELON	Half medium	П	П		С					()
Peaches, plums, apricots		PEACHE	S					Γ'		.
Strawberries, raspberries	Medium serving	MSTF	RAWB							
Tinned fruit MTNFRUIT	Medium serving		ſ ·							
Dried fruit, eg raisins, prunes MDRIEDFR	Medium serving				**					
VEGETABLES – FRESH, FF	ROZEN OR	TINNED								
Carrots MCARROTS	One medium		-						Ш	
Spinach MSPINACH	Medium serving						****			
Broccoli MBROCCOL	Medium serving									
Spring greens, kaleMGREENS	Medium serving									
Brussels sprouts MSPROUTS	Five sprouts	Ľ								
Cabbage MCABBAGE	Quarter small	Γ,								
Peas MPEAS	One tablespoon									
Green beans, broad beans runner beans MBEANS	Medium serving									
Marrow, courgettesMMARROW	Medium serving									
Cauliflower MCAULIFL	Medium serving									
Parsnips, turnips, swedes MPARSNIP	One medium				Γ			,		
Leeks MLEEKS	One medium									
Onion MONIONS	One medium									
Garlic MGARLIC	One Clove									
Mushrooms MMUSHROO	Medium serving							L		Ι.
Sweet peppers MPEPPERS	One medium						Е			
	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

FOODS AND AMOUNTS				AVER	RAGE	JSE IN	LAST	12 MO	NTHS	
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 MSALAD	Medium serving							П		
Tomatoes MTOMATO	One medium	Ľ	I		7		Γ	:1	1	П
Coleslaw MCOLESL	One tablespoon	С	L				t .	Ш		
Baked beans MBAKEDB	One tablespoon							1 7	S	
Dried lentils, beans, peas MLENTILS	One tablespoon cooked									
Tofu or soya bean curd MTOF	2" x 2" x 1" U piece									
Soya meat, TVP, vegeburger MTVP	One burger		Ci			LJ				
	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 foods that you ate or	-				PRES		Y	es 🗆	No	
Food		Usu	al serv	ing size			ea [ten each	week	
4 What type of milk did ye	ou most ofte	n use?	MMIL	KUSE				-		
Select one only. If you used soya milk,	Skimmed/ Dri	ed milk Other		<i>pecify</i> [
5 How much milk did you					h tea, co	offee, ce	ereals, e	etc? MM	IILKDAY	
	Quarter o	None				Three	e quarte	ers of a p One p an one p	oint □	,

6	What kind of fat do you use most often for fryi	ng, roas	ting, grilling etc? Sel	lect one	only. MF	RYFA [*]
	Butter \sqcup		Solid vegetable fat			
	Lard/dripping		Margarine	J		
	Liquid vegetable oil		None	П		
	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	MBAK one only.	EFAT		
	Butter		Solid vegetable fat			
	Lard/dripping		Margarine			
	Liquid vegetable oil		None	J		
	Which brand do you usually use?					
8	How often do you eat food that is fried? Selec	t one on	lly. MFRYEAT			
	Less than once a week		4 – 6 times a week	=		
	1-3 times a week	لـــا	Daily	П		
9	What do you do with the visible fat on your me	eat? Sel	ect one only.	EATFA	Γ	
	Don't eat meat	7	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 cooki	ng? Sel	ect one only.	1SALT(CK	
	Never Rarely		Sometimes Usually	П !]	Always	Ľ.
11	How often do you add salt to food at the table?	Select	one only.	MSAL	ТТАВ	
			Sometimes	L.]	Always	
-	Rarely		Usually	П		
12	2 Do you regularly use a salt substitute (eg LoSa	lt)?	MSALTSUB			
	If yes, which brand?					

MVITSU	0
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Yes

No

Name or Type (eg multivitamin +iron, vitamin C, Pluse once-a-day cod liver oil) Bran (eg Boots Sanatog		Daily amount (no. of tablets/capsules/tblsp taken per day)	Total daily dose (eg grams, mg etc. Only complete for supplements with 3 or fewer nutrients)	Curre taki (tick	ng
			500 mg calcium	Y	N
Calcium and Vitamin D	Boots	1 tablet	2.5 mg vitamin D		N
Fort E (Vitamin E)	Lanes	2 capsules	400 in per day		
				Y	N
			MVITCUR1		$\frac{\square}{N}$
			MVITCUR2	Y □	
			MYTTCORZ	$\frac{\Box}{Y}$	N
	ļ		MVITCUR		
			MV/ITOUD 4	Y	N
			MVITCUR4	$-\frac{\Box}{Y}$	$\frac{\square}{N}$
			MVITCUR5	Υ 	IN
				\overline{Y}	N
			MVITCUR6		
Between 2 weeks and Between 1 month and 2 to 4 to	ou been on a slinks or less d 1 month 2 months 4 months 6 months	mming diet? MDIET	Yes □ No		
6 montr	ns or more	MDOCEFO MMOC	FFQ MYOCFFO		
	1	AIDOOL I C	00/ ₁ Q		
Please complete today's date	1	MDOCFFQ MMOC Day Mont	00/ ₁ Q		
	1	AIDOOL I C	00/ ₁ Q		
Please complete today's date MDATEOC	1	AIDOOL I C	h Year		
Please complete today's date MDATEOC	you for comple	Day Mont	h Year		
Please complete today's date MDATEOC Thank	you for comple	Day Mont	h Year 2 0 0 od Questionnaire		

Over the last 12 months have you regularly taken any Vitamin, mineral, cod-liver/fish oil, or other food supplements?