



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)

**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

<b>MBEEF</b>	Beef: roast, steak, mince, stew or casserole	Medium serving	<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"/>
	Beefburgers <b>MBEEFBUR</b>	One medium burger	<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"/>
<b>MPORK</b>	Pork: roast, chops or stew	Medium serving	<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"/>
<b>MLAMB</b>	Lamb: roast, chops or stew	Medium serving	<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"/>
<b>MCHICK</b>	Chicken or other poultry	Medium serving	<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"/>
	Bacon <b>MBACON</b>	Two rashers	<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"/>
	Ham <b>MHAM</b>	One medium thick slice	<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"/>
	Corned beef, Spam or luncheon meats <b>MCORNB</b>	One medium thick slice	<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"/>
	Sausages <b>MSAUSAG</b>	Two medium	<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"/>
	Savoury pies, eg meat pie, pork pie, pasties, steak & kidney pie <b>MSAVPIES</b>	One individual pie	<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"/>
	Liver, liver pate, liver sausage <b>MLIVER</b>	Medium serving	<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"/>
	Fried fish in batter, as in fish and chips <b>MBATFISH</b>	One medium fillet	<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"/>
	Fish fingers or fish cakes <b>MFISHFIN</b>	Two pieces	<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"/>
	Other white fish, fresh or frozen, eg cod, haddock plaice, sole, halibut <b>MWHIFISH</b>	One medium fillet or serving	<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"/>
	Oily fish, fresh or canned, eg mackerel, kippers, tuna, salmon, sardines, herring <b>MOILFISH</b>	One medium fillet	<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"/>
	Shellfish, eg crab, pawns, mussels <b>MSHEFISH</b>	Medium serving	<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"/>
	<b>Amount</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 IN LAST 12 MONTHS

BREAD & SAVOURY		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
<b>BISCUITS</b> (include bread eaten in sandwiches)	<b>Amount</b>									
<b>MWHIBRD</b>										
White bread and rolls	One slice or roll	<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"/>
<b>MBROBRD</b>										
Brown bread and rolls	One slice or roll	<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"/>
<b>MWHOLBRD</b>										
Wholemeal bread and rolls	One slice or roll	<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"/>
<b>MCRACKER</b>										
Cream crackers, cheese bisc.	One biscuit	<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"/>
<b>MCRISBRD</b>										
Crispbread, eg Ryvita	One slice	<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

Do you eat cereals? **MCEREALS** 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.

		Amount (one medium cereal bowl)									
		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	
1.	Brand										
	<b>MCEREAL1</b>										
	Type										
		<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"/>	
	Brand										
2.	<b>MCEREAL2</b>										
	Type										
		<input type="checkbox"/>	<input type="checkbox"/>								

## POTATOES, RICE AND PASTA

Boiled, mashed, instant or jacket potatoes	<b>MBOILPOT</b>	One medium potato/serving	<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>MCHIPS</b>	Medium serving	<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>MROASPOT</b>	One medium potato	<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>MPOTSALD</b>	Half cup	<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>MWRICE</b>	Half cup cooked	<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>MBRICE</b>	Half cup cooked	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	<b>Amount</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 IN LAST 12 MONTHS**

<b>POTATOES, RICE &amp; PASTA (Continued)</b>	<b>Amount</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
Wholemeal pasta <b>MPASTA</b>	One cup cooked	<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	One cup cooked	<b>MWHPASTA</b>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lasagne <b>MLASAGNE</b>	3" x 3" square	<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>MPIZZA</b>	One medium slice	<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"/>

**DAIRY PRODUCTS & FATS**

Single cream <b>MSCREAM</b>	Tablespoon	<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"/>
Double or clotted cream	Tablespoon	<b>MDCREAM</b>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yoghurt <b>MYOGHURT</b>	5 oz. carton	<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"/>
Cheese. eg Cheddar. Brie. Edam <b>MCHEESE</b>	1 oz/30 g piece (matchbox size)	<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"/>
Cottage Cheese, low fat soft cheese <b>MCOMCHE</b>	One tablespoon	<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"/>
Eggs as boiled, fried, scrambled, etc <b>MEGGS</b>	One	<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"/>
Quiche <b>MQUICHE</b>	Medium slice	<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"/>
Salad cream, mayonnaise <b>MMAYO</b>	Tablespoon	<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"/>
French dressing/vinaigrette <b>MVINAIGR</b>	Tablespoon	<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"/>

**The following on bread, vegetables, sandwiches etc:**

Butter <b>MBUTTER</b>	Teaspoon	<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"/>
Hard margarine in wrapper eg Stork, Krona <b>MHARDMAR</b>	Teaspoon	<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"/>
Polyunsaturated margarine, eg Flora, sunflower <b>MPOLYUNS</b>	Teaspoon	<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"/>
Other soft margarine in tub eg Blue Band, Stork S.B. <b>MSOFTMAR</b>	Teaspoon				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Low fat spread, et Outline, Gold <b>MLFSPREA</b>	Teaspoon				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

<b>Amount</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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Please answer every question. **DO NOT LEAVE ANY LINES BLANK.**

**FOODS AND AMOUNTS**

**AVERAGE USE IN LAST 12 MONTHS**

		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
<b>SWEETS &amp; SNACKS</b>		<b>Amount</b>								
Sweet biscuits, eg Nice, digestive chocolate <b>MBISCUIT</b>	One	<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"/>
Cakes <b>MCAKES</b>	Medium slice	<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"/>
Buns & pastries <b>MBUNS</b>	One	<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"/>
Fruit pies, tarts, crumbles	Medium slice/serving <b>MTARTS</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"/>
Milk puddings, eg rice, semolina, tapioca	Medium serving <b>MMILKPUD</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"/>
Sponge puddings <b>MSPONGE</b>	Medium serving	<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"/>
Ice cream, choc ices	One scoop <b>MICECREA</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"/>
Chocolate, chocolate bars, eg Mars, Crunchy	One bar/ four chocolates <b>MCHOC</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"/>
Sweets, toffees, mints <b>MSWEETS</b>	One	<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"/>
Sugar added to tea, coffee, cereal <b>MSUGAR</b>	Teaspoon	<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"/>
Crisps or other packet snacks, eg Wotsits <b>MCRISPS</b>	1small (25g) packet	<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"/>
Peanuts or other nuts <b>MNUTS</b>	10 whole	<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"/>
<b>SOUPS, SAUCES AND SPREADS</b>										
Vegetable soups <b>MVEGSOUP</b>	Medium soup bowl	<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"/>
Meat soups <b>MMEATSOU</b>	Medium soup bowl	<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"/>
Sauces, eg white sauce, cheese sauce, gravy <b>MSAUCE</b>	Tablespoon	<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"/>
Tomato ketchup <b>MKETCHUP</b>	Tablespoon	<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"/>
Pickles, chutney <b>MPICKLES</b>	Tablespoon	<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"/>
Marmite, Bovril <b>MMARMITE</b>	Teaspoon	<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"/>
Jam, marmalade, honey <b>MJAM</b>	Teaspoon	<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"/>
Peanut butter <b>MPEANUTB</b>	Teaspoon	<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"/>
	<b>Amount</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 IN LAST 12 MONTHS**

**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
Tea <b>MTEA</b>	Cup	<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 <b>MCOFFEE</b>	Cup	<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, decaffeinated <b>MDECAFF</b>	Cup	<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 whitener eg. Coffee-mate <b>MCOFFWH</b>	Teaspoon	<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"/>
Cocoa, hot chocolate <b>MCOCOA</b>	Cup	<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"/>
Horlicks, Ovaltine <b>MHORLI</b>	Cup	<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"/>
Wine <b>MWINE</b>	Wine glass	<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 <b>MBEER</b>	Half pint	<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"/>
Port, sherry or vermouth <b>MPORT</b>	Measure (50 ml)	<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"/>
Liqueurs eg Baileys <b>MLIQU</b>	Measure (50 ml)	<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"/>
Spirits, eg gin, brandv. whisky, vodka <b>MSPIRITS</b>	Single (25ml)	<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"/>
Fizzy soft drinks, eg Coca Cola, lemonade <b>MFIZZY</b>	Average glass	<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"/>
Low calorie or diet fizzy soft drinks <b>MLOWCAL</b>	Average glass	<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"/>
Real fruit juice (100%) eg orange, apple juice <b>MFJUICE</b>	Average glass	<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"/>
Fruit squash or cordial <b>MSQUASH</b>	Average glass	<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"/>
<b>FRUIT</b> For very seasonal fruits such as strawberries, please estimate your average use when the fruit is in season										
Apples <b>MAPPLES</b>	One Medium	<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>MPEARS</b>	One medium	<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>MORANGES</b>	One medium	<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"/>
Grapefruit <b>MGRAPEFR</b>	Half medium	<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>MBANANAS</b>	One medium	<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>MGRAPES</b>	Small bunch	<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"/>
	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
		<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>MMELON</b>	Half medium	<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	One <b>MPEACHES</b>				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strawberries, raspberries	Medium serving <b>MSTRAWB</b>						<input type="checkbox"/>			
Tinned fruit <b>MTNFRUIT</b>	Medium serving	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
Dried fruit, eg raisins, prunes <b>MDRIEDFR</b>	Medium serving	<input type="checkbox"/>								
<b>VEGETABLES - FRESH, FROZEN OR TINNED</b>										
Carrots <b>MCARROTS</b>	One medium	<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>MSPINACH</b>	Medium serving	<input type="checkbox"/>								
Broccoli <b>MBROCCOL</b>	Medium serving	<input type="checkbox"/>								
Spring greens, kale <b>MGREENS</b>	Medium serving	<input type="checkbox"/>								
Brussels sprouts <b>MSPROUTS</b>	Five sprouts	<input type="checkbox"/>	<input type="checkbox"/>							
Cabbage <b>MCABBAGE</b>	Quarter small	<input type="checkbox"/>	<input type="checkbox"/>							
Peas <b>MPEAS</b>	One tablespoon	<input type="checkbox"/>	<input type="checkbox"/>							
Green beans, broad beans runner beans <b>MBEANS</b>	Medium serving	<input type="checkbox"/>	<input type="checkbox"/>							
Marrow, courgettes <b>MMARROW</b>	Medium serving	<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>MCAULIFL</b>	Medium serving	<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>MPARSNIP</b>	One medium	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
Leeks <b>MLEEKS</b>	One medium	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
Onion <b>MONIONS</b>	One medium	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Garlic <b>MGARLIC</b>	One Clove	<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>MMUSHROO</b>	Medium serving	<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>MPEPPERS</b>	One medium	<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"/>
	<b>Amount</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 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 <b>MSALAD</b>	Medium serving	<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>MTOMATO</b>	One medium	<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>MCOLESL</b>	One tablespoon	<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>MTOMATO</b>	One tablespoon	<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>MLENTILS</b>	One tablespoon cooked	<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>MTOFU</b>	3" x 2" x 1" piece	<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>MTVP</b>	One burger	<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"/>

**2** Are the foods listed on the previous pages representative of the foods that you ate or drank in the last 12 months? **MREPRES** Yes  No

**3** Are there any **other** foods which you ate more than once a week? **MFOODOTH** Yes  No   
If yes, please list below

Food	Usual serving size	Number of times eaten each week
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>

**4** What type of milk did you most often use? **MMILKUSE**  
**Select one only.**  
 Full cream  Semi-skimmed   
 Skimmed/fat free  Channel Islands   
 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? **MMILKDAY**  
 None  Three quarters of a pint   
 Quarter of a pint  One pint   
 Half a pint  More than one pint

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

- |                      |                          |                     |                          |
|----------------------|--------------------------|---------------------|--------------------------|
| Butter               | <input type="checkbox"/> | Solid vegetable fat | <input type="checkbox"/> |
| Lard/dripping        | <input type="checkbox"/> | Margarine           | <input type="checkbox"/> |
| Liquid vegetable oil | <input type="checkbox"/> | None                | <input type="checkbox"/> |

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.** **MBAKEFAT**

- |                      |                          |                     |                          |
|----------------------|--------------------------|---------------------|--------------------------|
| Butter               | <input type="checkbox"/> | Solid vegetable fat | <input type="checkbox"/> |
| Lard/dripping        | <input type="checkbox"/> | Margarine           | <input type="checkbox"/> |
| Liquid vegetable oil | <input type="checkbox"/> | None                | <input type="checkbox"/> |

Which brand do you usually use?

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

- |                       |                          |                    |                          |
|-----------------------|--------------------------|--------------------|--------------------------|
| Less than once a week | <input type="checkbox"/> | 4 – 6 times a week | <input type="checkbox"/> |
| 1 – 3 times a week    | <input type="checkbox"/> | Daily              | <input type="checkbox"/> |

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

- |                           |                          |                     |                          |
|---------------------------|--------------------------|---------------------|--------------------------|
| Don't eat meat            | <input type="checkbox"/> | Eat some of the fat | <input type="checkbox"/> |
| Eat as little as possible | <input type="checkbox"/> | Eat most of the fat | <input type="checkbox"/> |

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

- |        |                          |           |                          |        |                          |
|--------|--------------------------|-----------|--------------------------|--------|--------------------------|
| Never  | <input type="checkbox"/> | Sometimes | <input type="checkbox"/> | Always | <input type="checkbox"/> |
| Rarely | <input type="checkbox"/> | Usually   | <input type="checkbox"/> |        |                          |

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

- |        |                          |           |                          |        |                          |
|--------|--------------------------|-----------|--------------------------|--------|--------------------------|
| Never  | <input type="checkbox"/> | Sometimes | <input type="checkbox"/> | Always | <input type="checkbox"/> |
| Rarely | <input type="checkbox"/> | Usually   | <input type="checkbox"/> |        |                          |

12 Do you regularly use a salt substitute (eg LoSalt)?

**MSALTSUB**

If yes, which brand?

