Dietary Questionnaire

QUESTIONS ABOUT WHAT YOU USUALLY EAT AND DRINK.

Please fill in the date you completed this questionnaire:

DAY	MTH	YEAR
	O JAN	O 2004
	○ FEB	O 2005
	O MAR	2006
1 1	○ APR	O 2007
22	O MAY	O 2008
3 3	O JUN	2009
4	O JUL	O 2010
5	O AUG	O 2011
6	○ SEP	O 2012
7	ООСТ	O 2013
8	O NOV	O 2014
100		

INSTRUCTIONS

This questionnaire is about your **usual** eating habits **over the past 12 months**. Where possible give only **one answer per question** for the type of food you eat **most often**.

- Use a soft pencil only, preferably 2B.
- Do not use **any** biro or felt tip pen.
- Erase mistakes fully.
- Make no stray marks.

Please MARK LIKE THIS:

1. Ho	w many pieces of fresh fruit do
yo	u usually eat per day? (Count 1/2
cut	o of diced fruit, berries or grapes as
one	e piece.)
	I didn't eat fruit
	less than 1 piece of fruit per day
	1 piece of fruit per day
	2 pieces of fruit per day
	3 pieces of fruit per day
	4 or more pieces of fruit per day

2.	How many different vegetables do
	you usually eat per day? (Count all
	types, fresh, frozen or tinned.)

- types, fresh, frozen or tinned.)

 less than 1 vegetable per day
 - 1 vegetable per day2 vegetables per day
 - 3 vegetables per day
 - 4 vegetables per day
 - 5 vegetables per day
 - 6 or more vegetables per day

3.	What	type	of	milk	do	you	usually	use?

- none
- ofull cream milk
- reduced fat milk
- skim milk
- o soya milk

4. How much milk do you usually use per day? (Include flavoured milk and milk added to tea coffee cereal, etc.)

- none
- O less than 250 ml (1 large cup or mug)
- between 250 and 500 ml (1-2 cups)
- between 500 and 750 ml (2-3 cups)
- 750 ml (3 cups) or more

5. What type of bread do you usually eat?

- I don't eat bread
- high fibre white bread
- white bread
- wholemeal bread
- rye bread
- multi-grain bread

6.	How many slices of bread do you usually
and the second	eat per day? (Include all types, fresh or toasted
	and count one bread roll as 2 slices.)

- less than 1 slice per day
- 1 slice per day
- 2 slices per day
- 3 slices per day
- 4 slices per day
- 5-7 slices per day
- 8 or more slices per day

7. Which spread do you usually put on bread?

- O I don't usually use any fat spread
- margarine of any kind
- opolyunsaturated margarine
- monounsaturated margarine
- butter and margarine blends
- butter

8. On average, how many teaspoons of sugar do you usually use per day? (Include sugar taken with tea and coffee and on breakfast cereal, etc.)

- none
- 1 to 4 teaspoons per day
- 5 to 8 teaspoons per day
- 9 to 12 teaspoons per day
- o more than 12 teaspoons per day

9. On average, how many eggs do you usually eat per week?

- I don't eat eggs
- less than 1 egg per week
- 1 to 2 eggs per week
- 3 to 5 eggs per week
- 6 or more eggs per week

10. What types of cheese do you usually eat?

- I don't eat cheese
- hard cheeses, e.g. parmesan, romano
- ofirm cheeses, e.g. cheddar, edam
- osoft cheeses, e.g. camembert, brie
- or cottage cheese
- cream cheese
- low fat cheese

DO NOT WRITE IN THIS AREA.

09601



If you usually ate more than one helping, fill in the oval for the serving size closest to the total amount you ate.

I never ate potato

I never ate vegetables

11. When you ate potato, did you usually eat:





Less than A

A

Between A & B

В

Between B & C

C More than C

12. When you ate vegetables, did you usually eat:





415g

Less than A

100g

A

Between A & B

В

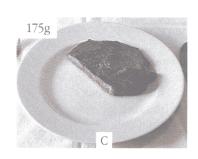
I never ate steak

Between B & C

More than C

13. When you ate steak, did you usually eat:





Less than A

Α

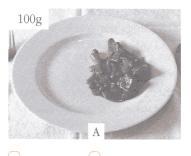
Between A & B

В

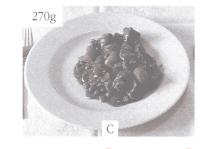
Between B & C

C More than C

14. When you ate meat *or* vegetable casserole, did you usually eat: I never ate casserole



180g



Less than A

A

Between A & B

В

Between B & C

С

More than C

in every line. Please MARK LIKE THIS: **NOT LIKE THIS:** less 1 to 3 2 3 to 4 5 to 6 2 3 or E time times times time times more than times Times You Have Eaten V times once E R per month per week per day CEREAL FOODS, SWEETS & SNACKS All Bran™ Sultana Bran™, FibrePlus™, Branflakes™ Weet Bix™, Vita Brits™, Weeties™ Cornflakes, Nutrigrain™, Special K™ Porridge Muesli Rice Pasta or noodles (include lasagne) Crackers, crispbreads, dry biscuits Sweet biscuits Cakes, sweet pies, tarts and other sweet pastries Meat pies, pasties, quiche and other savoury pastries Hamburger with a bun Chocolate Flavoured milk drink (cocoa, Milo™, etc.) Peanut butter or peanut paste Corn chips, potato crisps, Twisties™, etc. Jam, marmalade, honey or syrups Vegemite[™], Marmite[™] or Promite[™] DAIRY PRODUCTS, MEAT & FISH Cheese B1 Ice-cream Yoghurt Beef Veal Chicken Lamb Pork Bacon Ham Corned beef, luncheon meats or salami Sausages or frankfurters Fish, steamed, grilled or baked Fish, fried (include take-away) Fish, tinned (salmon, tuna, sardines, etc.) FRUIT Tinned or frozen fruit (any kind) Fruit juice Oranges or other citrus fruit **Apples** Pears Bananas Watermelon, rockmelon (cantaloupe), honeydew, etc. Pineapple Strawberries **Apricots** Peaches or nectarines Mango or paw paw

15. Over the last 12 months, on average, bow often did you eat the following foods? Please completely fill one oval

Avocado

Times You Have Eaten		N E V	less than once	1 to 3 times	1 time	2 times	3 to 4 times		1 time	2 times	3 or mor time
CONTINUED		E R	per month		per week				per day		
VEGETABLES (INCLUDING FRESH, FROZ	ZEN	AND	TIN	INED))						
Potatoes, roasted or fried (include hot chips)	D1	0	0	0	0	0	0	0	0	0	
Potatoes cooked without fat	D2										
Tomato sauce, tomato paste or dried tomatoes	D3	0	0	0	0	0	0		0	0	
Fresh or tinned tomatoes	D4				0				0		
Peppers (capsicum)	D5	0	0	0	0			0	0		
Lettuce, endive, or other salad greens	D6		0		0				0		
Cucumber	D7		0	0	0			0	0		
Celery	D8	0		0	0				0	0	
Beetroot	D9	0	0	0	0				0		
Carrots	D10		0		0				0		
Cabbage or Brussels sprouts	D11	0	0		0	0	0		0		
Cauliflower	D12		0		0				0		
Broccoli	D13				0				0		
Silverbeet or spinach	D14	0	0	0					0		
Peas Green beans	D15	0		0					0		
	D16								0		
Bean sprouts or alfalfa sprouts Baked beans	D17 D18		0								
	D18										
Soy beans, soy bean curd or tofu Other beans (include chick peas, lentils, etc.)	D19										
Pumpkin	D21										
Onion or leeks	D21										
Garlic (not garlic tablets)	D23								0		
Mushrooms	D24								0		
Zucchini	D25								0		
6. Over the last 12 months, how often did you dr	ink b	eer,	wine	and/	or sp	irits?					
6. Over the last 12 months, how often did you dr Times That You Drank	ink b	N E V E R	less than once a	1-3 days per month	or sp	2 days per week	3 days per week	4 days per week	5 days per week	6 days per week	eve da
Times That You Drank Beer (low alcohol)	ink b	N E V E R	less than once a month	1-3 days per month	1 day per week	2 days per week	3 days per week	days per week	days per week	days per week	da
Times That You Drank Beer (low alcohol) Beer (full strength)	1 2	N E V E R	less than once a month	1-3 days per month	1 day per week	2 days per week	3 days per week	days per week	days per week	days per week	da
Times That You Drank Beer (low alcohol) Beer (full strength) Red wine	1 2 3	N E V E R	less than once a month	1-3 days per month	1 day per week	2 days per week	3 days per week	days per week	days per week	days per week	da
Times That You Drank Beer (low alcohol) Beer (full strength) Red wine White wine (include sparkling wines)	1 2 3 4	N E V E R	less than once a month	1-3 days per month	1 day per week	2 days per week	3 days per week	days per week	days per week	days per week	da
Times That You Drank Beer (low alcohol) Beer (full strength) Red wine	1 2 3	N E V E R	less than once a month	1-3 days per month	1 day per week	2 days per week	3 days per week	days per week	days per week	days per week	da
Times That You Drank Beer (low alcohol) Beer (full strength) Red wine White wine (include sparkling wines) Fortified wines, port, sherry, etc. Spirits, liqueurs, etc. When answering the next two questions, please convert the amou liqueurs, and mixed drinks containing spirate on the strength of the second of	1 2 3 4 5 6 6 mnts you 1 bo 1 bo	N E V E R O O O O O O O O O O O O O O O O O O	less than once a month	1-3 days per month	1 day per week	days per week the example as of asses ml) as of asses ml) ml) =	3 days per week	days per week	days per week	days per week	da
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Times That You Drank Beer (low alcohol) Beer (full strength) Red wine White wine (include sparkling wines) Fortified wines, port, sherry, etc. Spirits, liqueurs, etc. When answering the next two questions, please convert the amoun liqueurs, and mixed drinks containing sping 1 can or stubby of beer = 2 glasses 1 large bottle beer (750 ml) = 4 glasses 7. Over the last 12 months, on days when you we spirits altogether did you usually drink? TOTAL NUMBER OF GLASSES PER DAY 8. Over the last 12 months, what was the maximum.	1 2 3 4 5 6 ere d	N E V E R O O O O O O O O O O O O O O O O O O	less than once a month once a	glasses ach nip to ml) or shere	1 day per week	2 days per week the ex pl) as o asses ml) = glasse beer,	3 days per week camples me glas 12 gla es of	days per week o o o o o o o o o o o o o o o o o o o	days per week	days per week	da d