

Module: australian-diet

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australian-diet

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1	CENTER_NO	number (2,0)	Required:false		
Center identification number.					
<table border="1" style="margin: auto;"> <tr> <td style="padding: 2px;">Allowable Values</td> </tr> <tr> <td style="padding: 2px;">13 University of Melbourne, Australia</td> </tr> </table>				Allowable Values	13 University of Melbourne, Australia
Allowable Values					
13 University of Melbourne, Australia					

2	PERSON_ID (*PK)	number (12,0)	Required:false
Number that uniquely identifies an individual. *PERSON_ID is the primary key for the table.			

3	DATE_COMPLETED	number (8,0)	Required:false
Date questionnaire was completed			

4	FRUIT_AMT_PER_DAY	number (1,0)	Required:false
How many pieces of fresh fruit do you usually eat per day? (Count 1/2 cup of diced fruit, berries or grapes as one piece.)			

<table border="1" style="margin: auto;"> <tr> <td style="padding: 2px;">Allowable Values</td> </tr> <tr> <td style="padding: 2px;">1 I don't eat fruit</td> </tr> <tr> <td style="padding: 2px;">2 less than 1 piece of fruit per day</td> </tr> <tr> <td style="padding: 2px;">3 1 piece of fruit per day</td> </tr> <tr> <td style="padding: 2px;">4 2 pieces of fruit per day</td> </tr> <tr> <td style="padding: 2px;">5 3 pieces of fruit per day</td> </tr> <tr> <td style="padding: 2px;">6 4 or more pieces of fruit per day</td> </tr> <tr> <td style="padding: 2px;">9 unknown</td> </tr> </table>				Allowable Values	1 I don't eat fruit	2 less than 1 piece of fruit per day	3 1 piece of fruit per day	4 2 pieces of fruit per day	5 3 pieces of fruit per day	6 4 or more pieces of fruit per day	9 unknown
Allowable Values											
1 I don't eat fruit											
2 less than 1 piece of fruit per day											
3 1 piece of fruit per day											
4 2 pieces of fruit per day											
5 3 pieces of fruit per day											
6 4 or more pieces of fruit per day											
9 unknown											

5	VEG_AMT_PER_DAY	number (1,0)	Required:false
How many different vegetables do you usually eat per day? (Count all types, fresh, frozen or tinned.)			

Allowable Values	
1	less than 1 vegetable per day
2	1 vegetable per day
3	2 vegetables per day
4	3 vegetables per day
5	4 vegetables per day
6	5 vegetables per day
7	6 or more vegetables per day
9	unknown

6	MILKTYPE_NONE	number (1,0)	Required:false
What type of milk do you usually use? (none)			

Allowable Values	
1	true

7	MILKTYPE_FULL_CREAM	number (1,0)	Required:false
What type of milk do you usually use? (full cream milk)			

Allowable Values	
1	true

8	MILKTYPE_REDUCED_FAT	number (1,0)	Required:false
What type of milk do you usually use? (reduced fat milk)			

Allowable Values	
1	true

9	MILKTYPE_SKIM	number (1,0)	Required:false
What type of milk do you usually use? (skim milk)			

Allowable Values	
1	true

10	MILKTYPE_SOYA	number (1,0)	Required:false				
What type of milk do you usually use? (soya milk)							
<table border="1"> <tr> <td colspan="2">Allowable Values</td> </tr> <tr> <td>1</td> <td>true</td> </tr> </table>				Allowable Values		1	true
Allowable Values							
1	true						

11	MILK_AMT_PER_DAY	number (1,0)	Required:false														
How much milk do you usually use per day?																	
<table border="1"> <tr> <td colspan="2">Allowable Values</td> </tr> <tr> <td>1</td> <td>None</td> </tr> <tr> <td>2</td> <td>250ml</td> </tr> <tr> <td>3</td> <td>between 250 and 500ml</td> </tr> <tr> <td>4</td> <td>between 500 and 750ml</td> </tr> <tr> <td>5</td> <td>750ml</td> </tr> <tr> <td>9</td> <td>unknown</td> </tr> </table>				Allowable Values		1	None	2	250ml	3	between 250 and 500ml	4	between 500 and 750ml	5	750ml	9	unknown
Allowable Values																	
1	None																
2	250ml																
3	between 250 and 500ml																
4	between 500 and 750ml																
5	750ml																
9	unknown																

12	BREADTYPE_NONE	number (1,0)	Required:false				
What type of bread do you usually eat? (I don't eat bread)							
<table border="1"> <tr> <td colspan="2">Allowable Values</td> </tr> <tr> <td>1</td> <td>true</td> </tr> </table>				Allowable Values		1	true
Allowable Values							
1	true						

13	BREADTYPE_HI_FIBER	number (1,0)	Required:false				
What type of bread do you usually eat? (high fibre white bread)							
<table border="1"> <tr> <td colspan="2">Allowable Values</td> </tr> <tr> <td>1</td> <td>true</td> </tr> </table>				Allowable Values		1	true
Allowable Values							
1	true						

14	BREADTYPE_WHITE	number (1,0)	Required:false				
What type of bread do you usually eat? (white bread)							
<table border="1"> <tr> <td colspan="2">Allowable Values</td> </tr> <tr> <td>1</td> <td>true</td> </tr> </table>				Allowable Values		1	true
Allowable Values							
1	true						

15	BREADTYPE_WHOLEMEAL	number (1,0)	Required:false				
What type of bread do you usually eat? (wholemeal bread)							
<table border="1"> <tr> <td colspan="2">Allowable Values</td> </tr> <tr> <td>1</td> <td>true</td> </tr> </table>				Allowable Values		1	true
Allowable Values							
1	true						

16	BREADTYPE_RYE	number (1,0)	Required:false				
What type of bread do you usually eat? (rye bread)							
<table border="1"> <tr> <td colspan="2">Allowable Values</td> </tr> <tr> <td>1</td> <td>true</td> </tr> </table>				Allowable Values		1	true
Allowable Values							
1	true						

17	BREADTYPE_MULTI_GRAIN	number (1,0)	Required:false				
What type of bread do you usually eat? (multi-grain bread)							
<table border="1"> <tr> <td colspan="2">Allowable Values</td> </tr> <tr> <td>1</td> <td>true</td> </tr> </table>				Allowable Values		1	true
Allowable Values							
1	true						

18	BREAD_AMT_PER_DAY	number (1,0)	Required:false																		
How many slices of bread do you usually eat per day?																					
<table border="1"> <tr> <td colspan="2">Allowable Values</td> </tr> <tr> <td>1</td> <td>less than 1 slice per day</td> </tr> <tr> <td>2</td> <td>1 slice per day</td> </tr> <tr> <td>3</td> <td>2 slices per day</td> </tr> <tr> <td>4</td> <td>3 slices per day</td> </tr> <tr> <td>5</td> <td>4 slices per day</td> </tr> <tr> <td>6</td> <td>5-7 slices per day</td> </tr> <tr> <td>7</td> <td>8 or more slices per day</td> </tr> <tr> <td>9</td> <td>unknown</td> </tr> </table>				Allowable Values		1	less than 1 slice per day	2	1 slice per day	3	2 slices per day	4	3 slices per day	5	4 slices per day	6	5-7 slices per day	7	8 or more slices per day	9	unknown
Allowable Values																					
1	less than 1 slice per day																				
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3	2 slices per day																				
4	3 slices per day																				
5	4 slices per day																				
6	5-7 slices per day																				
7	8 or more slices per day																				
9	unknown																				

19	BREAD_SPREAD_NONE	number (1,0)	Required:false		
Which spread do you usually put on bread? (I don't usually use any fat spread)					
<table border="1"> <tr> <td colspan="2">Allowable Values</td> </tr> </table>				Allowable Values	
Allowable Values					

Allowable Values

1 true

20 **BREAD_SPREAD_MARGARINE** number (1,0) Required:false
Which spread do you usually put on bread? (margarine of any kind)

Allowable Values

1 true

21 **BREAD_SPREAD_POLYUNSAT_MARG** number (1,0) Required:false
Which spread do you usually put on bread? (polyunsaturated margarine)

Allowable Values

1 true

22 **BREAD_SPREAD_MONOUNSAT_MARG** number (1,0) Required:false
Which spread do you usually put on bread? (monounsaturated margarine)

Allowable Values

1 true

23 **BREAD_SPREAD_BUTTER_MARG_BLEND** number (1,0) Required:false
Which spread do you usually put on bread? (butter and margarine blends)

Allowable Values

1 true

24 **BREAD_SPREAD_BUTTER** number (1,0) Required:false
Which spread do you usually put on bread? (butter)

Allowable Values

1 true

25 **SUGAR_AMT_PER_DAY** number (1,0) Required:false

On average, how many teaspoons of sugar do you usually use per day?

Allowable Values

- 1 none
- 2 1 to 4 teaspoons per day
- 3 5 to 8 teaspoons per day
- 4 9 to 12 teaspoons per day
- 5 more than 12 teaspoons per day
- 9 unknown

26

EGGS_AMT_PER_WEEK

number (1,0)

Required:false

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

Allowable Values

- 1 I don't eat eggs
- 2 less than 1 egg per week
- 3 1 to 2 eggs per week
- 4 3 to 5 eggs per week
- 5 6 or more eggs per week
- 9 unknown

27

CHEESE_TYPE_NONE

number (1,0)

Required:false

What types of cheese do you usually eat? (I don't eat cheese)

Allowable Values

- 1 true

28

CHEESE_TYPE_HARD

number (1,0)

Required:false

What types of cheese do you usually eat? (hard cheeses e.g. parmesan, romano)

Allowable Values

- 1 true

29

CHEESE_TYPE_FIRM

number (1,0)

Required:false

What types of cheese do you usually eat? (firm cheeses e.g. cheddar, edam)

Allowable Values

true

30 **CHEESE_TYPE_SOFT** number (1,0) Required:false
What types of cheese do you usually eat? (soft cheeses e.g. camembert, brie)

Allowable Values

true

31 **CHEESE_TYPE_RICOTTA_COTTAGE** number (1,0) Required:false
What types of cheese do you usually eat? (ricotta or cottage cheese)

Allowable Values

true

32 **CHEESE_TYPE_CREAM** number (1,0) Required:false
What types of cheese do you usually eat? (cream cheese)

Allowable Values

true

33 **CHEESE_TYPE_LOW_FAT** number (1,0) Required:false
What types of cheese do you usually eat? (low fat cheese)

Allowable Values

true

34 **POTATO_USUAL_AMT** number (1,0) Required:false
When you ate potato, did you usually eat:

Allowable Values

I never ate potato

Less than 60g

60g

4	Between 60 and 100g
5	100g
6	Between 100 and 150g
7	150g
8	More than 150g
9	unknown

35	VEGETABLES_USUAL_AMT	number (1,0)	Required:false
When you ate vegetables, did you usually eat:			

Allowable Values	
1	I never ate vegetables
2	Less than 130g
3	130g
4	Between 130 and 250g
5	250g
6	Between 250 and 415g
7	415g
8	More than 415g
9	unknown

36	STEAK_USUAL_AMT	number (1,0)	Required:false
When you ate steak, did you usually eat:			

Allowable Values	
1	I never ate steak
2	Less than 100g
3	100g
4	Between 100 and 125g
5	125g
6	Between 125 and 175g
7	175g
8	More than 175g
9	unknown

37	CASSEROLE_USUAL_AMT	number (1,0)	Required:false
When you ate meat or vegetable casserole, did you usually eat:			

Allowable Values	
1	I never ate meat or vegetable casserole
2	Less than 130g
3	130g
4	Between 130 and 250g
5	250g
6	Between 250 and 415g
7	415g
8	More than 415g
9	unknown

38	ALLBRAN_FRQ_PAST_YR	number (2,0)	Required:false
Over the last 12 months, how often did you eat All Bran?			

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

39	OTHER_BRAN_FRQ_PAST_YR	number (2,0)	Required:false
Over the last 12 months, how often did you eat Sultana Bran, Fibre Plus or Branflakes?			

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

40	WEETIES_LIKE_FRQ_PAST_YR	number (2,0)	Required:false
	Over the last 12 months, how often did you eat Weet Bix, Vita Brits or Weeties?		

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

41	CEREAL_FRQ_PAST_YR	number (2,0)	Required:false
	Over the last 12 months, how often did you eat Cornflakes, Nutrigrain or Special K?		

Allowable Values	
1	never

2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

42 **PORRIDGE_FRQ_PAST_YR** number (2,0) Required:false

Over the last 12 months, how often did you eat porridge?

Allowable Values

1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

43 **MUESLI_FRQ_PAST_YR** number (2,0) Required:false

Over the last 12 months, how often did you eat muesli?

Allowable Values

1	never
2	Less than once per month
3	1-3 times per month

4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

44	RICE_FRQ_PAST_YR	number (2,0)	Required:false
Over the last 12 months, how often did you eat rice?			

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

45	PASTA_FRQ_PAST_YR	number (2,0)	Required:false
Over the last 12 months, how often did you eat pasta or noodles (include lasagne)?			

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week

6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

46 **CRACKERS_FRQ_PAST_YR** number (2,0) Required:false

Over the last 12 months, how often did you eat crackers, crispbread or dry biscuits?

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

47 **SWEET_BISCUITS_FRQ_PAST_YR** number (2,0) Required:false

Over the last 12 months, how often did you eat sweet biscuits?

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week

8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

48	SWEET_PASTRIES_FRQ_PAST_YR	number (2,0)	Required:false
	Over the last 12 months, how often did you eat cakes, sweet pies, tarts and other sweet pastries?		

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

49	SAVORY_PASTRIES_FRQ_PAST_YR	number (2,0)	Required:false
	Over the last 12 months, how often did you eat meat pies, pasties, quiche, and other savory pastries?		

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day

10	3 or more times per day
99	unknown

50	PIZZA_FRQ_PAST_YR	number (2,0)	Required:false
Over the last 12 months, how often did you eat pizza?			

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

51	HAMBURGER_FRQ_PAST_YR	number (2,0)	Required:false
Over the last 12 months, how often did you eat a hamburger with a bun?			

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

52	CHOCOLATE_FRQ_PAST_YR	number (2,0)	Required:false
Over the last 12 months, how often did you eat chocolate?			

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

53	FLAVORED_MILK_FRQ_PAST_YR	number (2,0)	Required:false
Over the last 12 months, how often did you eat flavoured milk drink?			

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

54 NUTS_FRQ_PAST_YR number (2,0) Required:false

Over the last 12 months, how often did you eat nuts?

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

55 PEANUT_BUTTER_FRQ_PAST_YR number (2,0) Required:false

Over the last 12 months, how often did you eat peanut butter or peanut paste?

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

56 CHIPS_FRQ_PAST_YR number (2,0) Required:false

Over the last 12 months, how often did you eat corn chips, potato crisps, Twisties etc.?

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

57	JAM_LIKE_FRQ_PAST_YR	number (2,0)	Required:false
Over the last 12 months, how often did you eat jam, marmalade, honey or syrups?			

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

58	VEGEMITE_LIKE_FRQ_PAST_YR	number (2,0)	Required:false
Over the last 12 months, how often did you eat Vegemite, Marmite or Promite?			

Allowable Values	
1	never

2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

59	CHEESE_FRQ_PAST_YR	number (2,0)	Required:false
Over the last 12 months, how often did you eat cheese?			

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

60	ICE_CREAM_FRQ_PAST_YR	number (2,0)	Required:false
Over the last 12 months, how often did you eat ice-cream?			

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month

4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

61	YOGHURT_FRQ_PAST_YR	number (2,0)	Required:false
Over the last 12 months, how often did you eat yoghurt?			

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

62	BEEF_FRQ_PAST_YR	number (2,0)	Required:false
Over the last 12 months, how often did you eat beef?			

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week

6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

63 **VEAL_FRQ_PAST_YR** number (2,0) Required:false

Over the last 12 months, how often did you eat veal?

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

64 **CHICKEN_FRQ_PAST_YR** number (2,0) Required:false

Over the last 12 months, how often did you eat chicken?

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week

8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

65	LAMB_FRQ_PAST_YR	number (2,0)	Required:false
Over the last 12 months, how often did you eat lamb?			

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

66	PORK_FRQ_PAST_YR	number (2,0)	Required:false
Over the last 12 months, how often did you eat pork?			

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day

10	3 or more times per day
99	unknown

67	BACON_FRQ_PAST_YR	number (2,0)	Required:false
Over the last 12 months, how often did you eat bacon?			

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

68	HAM_FRQ_PAST_YR	number (2,0)	Required:false
Over the last 12 months, how often did you eat ham?			

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

69	PROCESSED_MEAT_LIKE_FRQ_PAST_YR	number (2,0)	Required:false
Over the last 12 months, how often did you eat corned beef, luncheon meats or salami?			

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

70	SAUSAGE_LIKE_FRQ_PAST_YR	number (2,0)	Required:false
Over the last 12 months, how often did you eat sausages or frankfurters?			

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

71 **FISH_NOT_FRIED_FRQ_PAST_YR** number (2,0) Required:false

Over the last 12 months, how often did you eat fish, steamed, grilled or baked?

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

72 **FISH_FRIED_FRQ_PAST_YR** number (2,0) Required:false

Over the last 12 months, how often did you eat fish, fried (include take-away)?

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

73 **FISH_TINNED_FRQ_PAST_YR** number (2,0) Required:false

Over the last 12 months, how often did you eat fish, tinned?

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

74	FRUIT_TINNED_FROZEN_FRQ_PAST_YR	number (2,0)	Required:false
	Over the last 12 months, how often did you eat tinned or frozen fruit (any kind)?		

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

75	FRUIT_JUICE_FRQ_PAST_YR	number (2,0)	Required:false
	Over the last 12 months, how often did you eat fruit juice?		

Allowable Values	
1	never

2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

76 **FRUIT_CITRUS_FRQ_PAST_YR** number (2,0) Required:false

Over the last 12 months, how often did you eat oranges or other citrus fruit?

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

77 **APPLES_FRQ_PAST_YR** number (2,0) Required:false

Over the last 12 months, how often did you eat apples?

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month

4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

78	PEARS_FRQ_PAST_YR	number (2,0)	Required:false
Over the last 12 months, how often did you eat pears?			

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

79	BANANAS_FRQ_PAST_YR	number (2,0)	Required:false
Over the last 12 months, how often did you eat bananas?			

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week

6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

80	MELON_FRQ_PAST_YR	number (2,0)	Required:false
	Over the last 12 months, how often did you eat watermelon, rockmelon (cantaloupe), honeydew etc.?		

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

81	PINEAPPLE_FRQ_PAST_YR	number (2,0)	Required:false
	Over the last 12 months, how often did you eat pineapple?		

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week

8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

82	STRAWBERRIES_FRQ_PAST_YR	number (2,0)	Required:false
Over the last 12 months, how often did you eat strawberries?			

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

83	APRICOTS_FRQ_PAST_YR	number (2,0)	Required:false
Over the last 12 months, how often did you eat apricots?			

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day

10	3 or more times per day
99	unknown

84	PEACHES_LIKE_FRQ_PAST_YR	number (2,0)	Required:false
Over the last 12 months, how often did you eat peaches or nectarines?			

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

85	MANGO_LIKE_FRQ_PAST_YR	number (2,0)	Required:false
Over the last 12 months, how often did you eat mango or paw paw?			

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

86	AVOCADO_FRQ_PAST_YR	number (2,0)	Required:false
Over the last 12 months, how often did you eat avocado?			

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

87	POTATOES_ROASTED_FRIED_FRQ_PAST_YR	number (2,0)	Required:false
Over the last 12 months, how often did you eat potatoes roasted or fried (include hot chips)?			

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

88 **POTATOES_NO_FAT_FRQ_PAST_YR** number (2,0) Required:false

Over the last 12 months, how often did you eat potatoes cooked without fat?

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

89 **TOMATO_SAUCE_LIKE_FRQ_PAST_YR** number (2,0) Required:false

Over the last 12 months, how often did you eat tomato sauce, tomato paste or dried tomatoes?

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

90 **TOMATOES_FRQ_PAST_YR** number (2,0) Required:false

Over the last 12 months, how often did you eat fresh or tinned tomatoes?

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

91	CAPSICUM_FRQ_PAST_YR	number (2,0)	Required:false
	Over the last 12 months, how often did you eat peppers (capsicum)?		

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

92	LETTUCE_LIKE_FRQ_PAST_YR	number (2,0)	Required:false
	Over the last 12 months, how often did you eat lettuce, endive or other salad greens?		

Allowable Values	
1	never

2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

93	CUCUMBER_FRQ_PAST_YR	number (2,0)	Required:false
Over the last 12 months, how often did you eat cucumber?			

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

94	CELERY_FRQ_PAST_YR	number (2,0)	Required:false
Over the last 12 months, how often did you eat celery?			

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month

4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

95	BEETROOT_FRQ_PAST_YR	number (2,0)	Required:false
Over the last 12 months, how often did you eat beetroot?			

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

96	CARROTS_FRQ_PAST_YR	number (2,0)	Required:false
Over the last 12 months, how often did you eat carrots?			

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week

6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

97 **CABBAGE_LIKE_FRQ_PAST_YR** number (2,0) Required:false

Over the last 12 months, how often did you eat cabbage or brussel sprouts?

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

98 **CAULIFLOWER_FRQ_PAST_YR** number (2,0) Required:false

Over the last 12 months, how often did you eat cauliflower?

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week

8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

99	BROCCOLI_FRQ_PAST_YR	number (2,0)	Required:false
Over the last 12 months, how often did you eat broccoli?			

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

100	SPINACH_LIKE_FRQ_PAST_YR	number (2,0)	Required:false
Over the last 12 months, how often did you eat silverbeet or spinach?			

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day

10	3 or more times per day
99	unknown

101	PEAS_FRQ_PAST_YR	number (2,0)	Required:false
Over the last 12 months, how often did you eat peas?			

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

102	GREEN_BEANS_FRQ_PAST_YR	number (2,0)	Required:false
Over the last 12 months, how often did you eat green beans?			

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

103	SPROUTS_FRQ_PAST_YR	number (2,0)	Required:false
Over the last 12 months, how often did you eat bean sprouts or alfalfa sprouts?			

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

104	BEANS_BAKED_FRQ_PAST_YR	number (2,0)	Required:false
Over the last 12 months, how often did you eat baked beans?			

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

105 **BEANS_SOY_TOFU_FRQ_PAST_YR** number (2,0) Required:false

Over the last 12 months, how often did you eat soy beans, soy bean curd or tofu?

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

106 **BEANS_OTHER_FRQ_PAST_YR** number (2,0) Required:false

Over the last 12 months, how often did you eat other beans (include chick peas, lentils etc.)?

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

107 **PUMPKIN_FRQ_PAST_YR** number (2,0) Required:false

Over the last 12 months, how often did you eat pumpkin?

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

108	ONION_FRQ_PAST_YR	number (2,0)	Required:false
Over the last 12 months, how often did you eat onion or leeks?			

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

109	GARLIC_FRQ_PAST_YR	number (2,0)	Required:false
Over the last 12 months, how often did you eat garlic (not garlic tablets)?			

Allowable Values	
1	never

2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

110	MUSHROOMS_FRQ_PAST_YR	number (2,0)	Required:false
Over the last 12 months, how often did you eat mushrooms?			

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month
4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

111	ZUCCHINI_FRQ_PAST_YR	number (2,0)	Required:false
Over the last 12 months, how often did you eat zucchini?			

Allowable Values	
1	never
2	Less than once per month
3	1-3 times per month

4	1 time per week
5	2 times per week
6	3 to 4 times per week
7	5 to 6 times per week
8	1 time per day
9	2 times per day
10	3 or more times per day
99	unknown

112	BEER_LIGHT_FRQ_PAST_YR	number (2,0)	Required:false
Over the last 12 months, how often did you drink Beer (low alcohol)?			

Allowable Values	
1	never
2	Less than once per month
3	1-3 days per month
4	1 day per week
5	2 days per week
6	3 days per week
7	4 days per week
8	5 days per week
9	6 days per week
10	everyday
99	unknown

113	BEER_REGULAR_FRQ_PAST_YR	number (2,0)	Required:false
Over the last 12 months, how often did you drink Beer (full strength)?			

Allowable Values	
1	never
2	Less than once per month
3	1-3 days per month
4	1 day per week
5	2 days per week

6	3 days per week
7	4 days per week
8	5 days per week
9	6 days per week
10	everyday
99	unknown

114 **WINE_RED_FRQ_PAST_YR** number (2,0) Required:false

Over the last 12 months, how often did you drink Red wine?

Allowable Values	
1	never
2	Less than once per month
3	1-3 days per month
4	1 day per week
5	2 days per week
6	3 days per week
7	4 days per week
8	5 days per week
9	6 days per week
10	everyday
99	unknown

115 **WINE_WHITE_FRQ_PAST_YR** number (2,0) Required:false

Over the last 12 months, how often did you drink White wine (include sparkling wines)?

Allowable Values	
1	never
2	Less than once per month
3	1-3 days per month
4	1 day per week
5	2 days per week
6	3 days per week
7	4 days per week

8	5 days per week
9	6 days per week
10	everyday
99	unknown

116	WINE_FORTIFIED_FRQ_PAST_YR	number (2,0)	Required:false
Over the last 12 months, how often did you drink Fortified wines, port, sherry, etc?			

Allowable Values	
1	never
2	Less than once per month
3	1-3 days per month
4	1 day per week
5	2 days per week
6	3 days per week
7	4 days per week
8	5 days per week
9	6 days per week
10	everyday
99	unknown

117	SPIRITS_FRQ_PAST_YR	number (2,0)	Required:false
Over the last 12 months, how often did you drink Spirits, liqueurs, etc?			

Allowable Values	
1	never
2	Less than once per month
3	1-3 days per month
4	1 day per week
5	2 days per week
6	3 days per week
7	4 days per week
8	5 days per week
9	6 days per week

10	everyday
99	unknown

118	ALCOHOL_USUAL_PER_DAY_PAST_YR	number (2,0)	Required:false
Over the last 12 months, on the days when you were drinking, how many glasses of beer, wine and/or spirits altogether did you usually drink? (Total Number of glasses per day)			

Allowable Values	
1 to 10 or 99	Range
10	10 or more
99	unknown

119	ALCOHOL_MAX_PER_DAY_PAST_YR	number (2,0)	Required:false
Over the last 12 months, what was the max. number of glasses of beer, wine and/or spirits that you drank in 24 hours? (Maximum number of glasses per 24 hours)			

Allowable Values	
1	1-2
2	3-4
3	5-6
4	7-8
5	9-10
6	11-12
7	13-14
8	15-16
9	17-18
10	19 or more
99	unknown

Module: australian-diet

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australian-nutrient

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1	CENTER_NO	number (2,0)	Required:false
	Center identification number.		
2	PERSON_ID (*PK)	number (12,0)	Required:false
	Number that uniquely identifies an individual. *PERSON_ID is the primary key for the table.		
3	PORTION_STANDARD_FACTOR	number (13,5)	Required:false
	Portion (standard) factor		
4	ENERGY_KJ_IN_FOOD	number (13,5)	Required:false
	Energy in food (kj/day)		
5	PROTEIN_IN_FOOD	number (13,5)	Required:false
	Protein in food (g/day)		
6	TOTAL_FAT_IN_FOOD	number (13,5)	Required:false
	Total fat in food (g/day)		
7	SATUR_FAT_IN_FOOD	number (13,5)	Required:false
	Saturated fat in food (g/day)		

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8	MONOUNSAT_FAT_IN_FOOD	number (13,5)	Required:false
	Monounsaturated fat in food (g/day)		
9	POLYUNSAT_FAT_IN_FOOD	number (13,5)	Required:false
	Polyunsaturated fat in food (g/day)		
10	CHOLESTEROL_IN_FOOD	number (13,5)	Required:false
	Cholesterio in foodl (mg/day)		
11	CARBOHYDRATE_IN_FOOD	number (13,5)	Required:false
	Carbohydrate in food (g/day)		
12	STARCH_IN_FOOD	number (13,5)	Required:false
	Starch in food (g/day)		
13	SUGARS_IN_FOOD	number (13,5)	Required:false
	Sugars in food (g/day)		
14	FIBRE_IN_FOOD	number (13,5)	Required:false
	Fibr in foode (g/day)		
15	CALCIUM_IN_FOOD	number (13,5)	Required:false
	Calcium in food (mg/day)		
16	BETA_CAROTENE_EQUIV_IN_FOOD	number (13,5)	Required:false
	Beta-Carotene Equivalent in food (ug/day)		
17	PHOSPHORUS_IN_FOOD	number (13,5)	Required:false
	Phosphurus in food (mg/day)		
18	MAGNESIUM_IN_FOOD	number (13,5)	Required:false
	Magnesium in food (mg/day)		
19	IRON_IN_FOOD	number (13,5)	Required:false
	Iron in food (mg/day)		
20	SODIUM_IN_FOOD	number (13,5)	Required:false
	Sodium in food (mg/day)		

21	POTASSIUM_IN_FOOD	number (13,5)	Required:false
	Potassium in food (mg/day)		
22	ZINC_IN_FOOD	number (13,5)	Required:false
	Zinc in food (mg/day)		
23	VITAMIN_C_IN_FOOD	number (13,5)	Required:false
	Vitamin C in food (mg/day)		
24	VITAMIN_E_IN_FOOD	number (13,5)	Required:false
	Vitamin E in food (mg/day)		
25	ALPHA_CAROTENE_IN_FOOD	number (13,5)	Required:false
	Alpha-Carotene in food (ug/day)		
26	BETA_CAROTENE_IN_FOOD	number (13,5)	Required:false
	Beta-Carotene in food (ug/day)		
27	BETA_CRYPTOXANTHIN_IN_FOOD	number (13,5)	Required:false
	Beta-Cryptoxanthin in food (ug/day)		
28	LYCOPENE_IN_FOOD	number (13,5)	Required:false
	Lycopene in food (ug/day)		
29	LUTEIN_ZEAXANTHIN_IN_FOOD	number (13,5)	Required:false
	Lutein Zeaxanthin in food (ug/day)		
30	THIAMIN_IN_FOOD	number (13,5)	Required:false
	Thiamin in food (mg/day)		
31	RIBOFLAVIN_IN_FOOD	number (13,5)	Required:false
	Riboflavin in food (mg/day)		
32	NIACIN_IN_FOOD	number (13,5)	Required:false
	Niacin in food (mg/day)		

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33	NIACIN_EQUIV_IN_FOOD	number (13,5)	Required:false
	Niacin Equivalent in food (mg/day)		
34	FOLATE_IN_FOOD	number (13,5)	Required:false
	Folate in food (ug/day)		
35	RETINOL_IN_FOOD	number (13,5)	Required:false
	Retinol in food (ug/day)		
36	RETINOL_EQUIV_IN_FOOD	number (13,5)	Required:false
	Retinol Equivalent in food (ug/day)		
37	FD40	number (13,5)	Required:false
	Fatty Acid - Butyric (g/day)		
38	FD60	number (13,5)	Required:false
	Fatty Acid - Caproic (g/day)		
39	FD80	number (13,5)	Required:false
	Fatty Acid - Capricylic (g/day)		
40	FD100	number (13,5)	Required:false
	Fatty Acid - Capric (g/day)		
41	FD120	number (13,5)	Required:false
	Fatty Acid - Lauric acid (g/day)		
42	FD140	number (13,5)	Required:false
	Fatty Acid - Myristic (g/day)		
43	FD150	number (13,5)	Required:false
	Fatty Acid - Pentadecanoic (g/day)		
44	FD160	number (13,5)	Required:false
	Fatty Acid - Palmitic (g/day)		
45	FD170	number (13,5)	Required:false
	Fatty Acid - Margaric (g/day)		

46	FD180	number (13,5)	Required:false
	Fatty Acid - Stearic (g/day)		
47	FD200	number (13,5)	Required:false
	Fatty Acid - Arachidic (g/day)		
48	FD220	number (13,5)	Required:false
	Fatty Acid - Behenic (g/day)		
49	FD240	number (13,5)	Required:false
	Fatty Acid - Lignoceric (g/day)		
50	FD141	number (13,5)	Required:false
	Fatty Acid - Myristoleic (g/day)		
51	FD151	number (13,5)	Required:false
	Fatty Acid - Pentadecenoic (g/day)		
52	FD161	number (13,5)	Required:false
	Fatty Acid - Palmitoleic (g/day)		
53	FD171	number (13,5)	Required:false
	Fatty Acid - Trans palmitoleic (g/day)		
54	FD181	number (13,5)	Required:false
	Fatty Acid - Heptadecenoic (g/day)		
55	FD181T	number (13,5)	Required:false
	Fatty Acid - Oleic (g/day)		
56	FD201	number (13,5)	Required:false
	Fatty Acid - Eicosenic (g/day)		
57	FD221	number (13,5)	Required:false
	Fatty Acid - Erucic (g/day)		

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58	FD182N6	number (13,5)	Required:false
	Fatty Acid - Linoleic (g/day)		
59	FD182N6T	number (13,5)	Required:false
	Fatty Acid - Trans linoleic (g/day)		
60	FD183N3	number (13,5)	Required:false
	Fatty Acid - Alpha-linoleic (g/day)		
61	FD202N6	number (13,5)	Required:false
	Fatty Acid - Eicosadienoic (g/day)		
62	FD203N6	number (13,5)	Required:false
	Fatty Acid - Dihomo-gammalinolenic (g/day)		
63	FD204N6	number (13,5)	Required:false
	Fatty Acid - Arachidonic (g/day)		
64	FD205N3	number (13,5)	Required:false
	Fatty Acid - Eicosapentaenoic (g/day)		
65	FD224N6	number (13,5)	Required:false
	Fatty Acid - Adrenic (g/day)		
66	FD225N3	number (13,5)	Required:false
	Fatty Acid - Clupanodonic (g/day)		
67	FD226N3	number (13,5)	Required:false
	Fatty Acid - Decosahexaenoic (g/day)		
68	GLYCAEMIC_INDEX	number (13,5)	Required:false
	The glycaemic index(GI) rates carbohydrates according to how quickly they raise the glucose level of the blood.		
69	GLYCAEMIC_LOAD	number (13,5)	Required:false
	The glycaemic load rates carbohydrates according to the glcaemic index and the amount of carbohydrate in the food.		

70	ENERGY_KJ_IN_ALCOHOL	number (13,5)	Required:false
	Energy in alcohol (kj/day)		
71	PROTEIN_IN_ALCOHOL	number (13,5)	Required:false
	Protein in alcohol (g/day)		
72	CARBOHYDRATES_IN_ALCOHOL	number (13,5)	Required:false
	Carbohydrates in alcohol (g/day)		
73	SUGARS_IN_ALCOHOL	number (13,5)	Required:false
	Sugars in alcohol (g/day)		
74	STARCH_IN_ALCOHOL	number (13,5)	Required:false
	Starch in alcohol (g/day)		
75	TOTAL_ALCOHOL	number (13,5)	Required:false
	Total alcohol (g/day)		
76	BETA_CAROTENE_IN_ALCOHOL	number (13,5)	Required:false
	Beta-Carotene in alcohol (ug/day)		
77	CALCIUM_IN_ALCOHOL	number (13,5)	Required:false
	Calcium in alcohol (mg/day)		
78	FOLATE_IN_ALCOHOL	number (13,5)	Required:false
	Folate in alcohol (ug/day)		
79	IRON_IN_ALCOHOL	number (13,5)	Required:false
	Iron in alcohol (mg/day)		
80	MAGNESIUM_IN_ALCOHOL	number (13,5)	Required:false
	Magnesium in alcohol (mg/day)		
81	NIACIN_IN_ALCOHOL	number (13,5)	Required:false
	Niacin in alcohol (mg/day)		
82	NIACIN_EQUIV_IN_ALCOHOL	number (13,5)	Required:false
	Niacin equivalent in alcohol (mg/day)		

83	PHOSPHORUS_IN_ALCOHOL	number (13,5)	Required:false
	Phosphorus in alcohol (mg/day)		
84	POTASSIUM_IN_ALCOHOL	number (13,5)	Required:false
	Potassium in alcohol (mg/day)		
85	RIBOFLAVIN_IN_ALCOHOL	number (13,5)	Required:false
	Riboflavin in alcohol (mg/day)		
86	SODIUM_IN_ALCOHOL	number (13,5)	Required:false
	Sodium in alcohol (mg/day)		
87	VITAMIN_C_IN_ALCOHOL	number (13,5)	Required:false
	Vitamin C in alcohol (mg/day)		
88	FULL_CREAM_MILK	number (13,5)	Required:false
	Full cream milk (g/day)		
89	RED_FAT_MILK	number (13,5)	Required:false
	Reduced fat milk (g/day)		
90	SKIM_MILK	number (13,5)	Required:false
	Skim milk (g/day)		
91	SOYA_MILK	number (13,5)	Required:false
	Soya milk (g/day)		
92	HFIBRE_WHITE_BREAD	number (13,5)	Required:false
	High fibre white bread (g/day)		
93	WHITE_BREAD	number (13,5)	Required:false
	White bread (g/day)		
94	WHOLEMEAL	number (13,5)	Required:false
	Wholemeal bread (g/day)		

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95	RYE	number (13,5)	Required:false
	Rye bread (g/day)		
96	MULTI_GRAIN	number (13,5)	Required:false
	Multi grain bread (g/day)		
97	MARGARINE	number (13,5)	Required:false
	Margarine (g/day)		
98	POLY_MARGARINE	number (13,5)	Required:false
	Polyunsaturated margarine (g/day)		
99	MONO_MARGARINE	number (13,5)	Required:false
	Monounsaturated margarine (g/day)		
100	BUTTER_MARG_BLENDS	number (13,5)	Required:false
	Butter and margarine blends (g/day)		
101	BUTTER_MARG_BLENDS	number (13,5)	Required:false
	Butter (g/day)		
102	HARD_CHEESE	number (13,5)	Required:false
	Hard cheese (g/day)		
103	FIRM_CHEESE	number (13,5)	Required:false
	Firm cheese (g/day)		
104	SOFT_CHEESE	number (13,5)	Required:false
	Soft cheese (g/day)		
105	RICOTTA_COTTAGE	number (13,5)	Required:false
	Ricotta or cottage cheese (g/day)		
106	CREAM_CHEESE	number (13,5)	Required:false
	Cream cheese (g/day)		
107	LOW_FAT_CHEESE	number (13,5)	Required:false
	Low fat cheese (g/day)		

108	SUGAR	number (13,5)	Required:false
	Sugar (g/day)		
109	EGGS	number (13,5)	Required:false
	Eggs (g/day)		
110	ALLBRAN	number (13,5)	Required:false
	All Bran cereal (g/day)		
111	BRANFLAKES	number (13,5)	Required:false
	Branflakes (g/day)		
112	WEETBIX	number (13,5)	Required:false
	Weet-Bix (g/day)		
113	CORNFLAKES	number (13,5)	Required:false
	Cornflakes (g/day)		
114	PORRIDGE	number (13,5)	Required:false
	Porridge (g/day)		
115	MUESLI	number (13,5)	Required:false
	Muesli (g/day)		
116	RICE	number (13,5)	Required:false
	Rice (g/day)		
117	PASTA	number (13,5)	Required:false
	Pasta (g/day)		
118	CRACKERS	number (13,5)	Required:false
	Crackers (g/day)		
119	SWEET_BISCUIT	number (13,5)	Required:false
	Sweet biscuits (g/day)		

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120	CAKES	number (13,5)	Required:false
	Cakes (g/day)		
121	MEAT_PIE	number (13,5)	Required:false
	Meat pies (g/day)		
122	PIZZA	number (13,5)	Required:false
	Pizza (g/day)		
123	HAMBURGER	number (13,5)	Required:false
	Hamburger (g/day)		
124	CHOCOLATE	number (13,5)	Required:false
	Chocolate (g/day)		
125	FLAVOURED_MILK	number (13,5)	Required:false
	Flavoured milk drink (g/day)		
126	NUTS	number (13,5)	Required:false
	Nuts (g/day)		
127	PEANUT_BUTTER	number (13,5)	Required:false
	Peanut butter (g/day)		
128	CRISPS	number (13,5)	Required:false
	Crisps (g/day)		
129	JAM	number (13,5)	Required:false
	Jam (g/day)		
130	VEGEMITE	number (13,5)	Required:false
	Vegemite (g/day)		
131	ICE_CREAM	number (13,5)	Required:false
	Ice cream (g/day)		
132	YOGHURT	number (13,5)	Required:false
	yoghurt (g/day)		

133	BEEF	number (13,5)	Required:false
	Beef (g/day)		
134	VEAL	number (13,5)	Required:false
	Veal (g/day)		
135	CHICKEN	number (13,5)	Required:false
	Chicken (g/day)		
136	LAMB	number (13,5)	Required:false
	Lamb (g/day)		
137	PORK	number (13,5)	Required:false
	Pork (g/day)		
138	BACON	number (13,5)	Required:false
	Bacon (g/day)		
139	HAM	number (13,5)	Required:false
	Ham (g/day)		
140	SALAMI	number (13,5)	Required:false
	Salami (g/day)		
141	SAUSAGES	number (13,5)	Required:false
	Sausages (g/day)		
142	FISH	number (13,5)	Required:false
	Fish (g/day)		
143	FRIED_FISH	number (13,5)	Required:false
	Fried fish (g/day)		
144	TINNED_FISH	number (13,5)	Required:false
	Tinned fish (g/day)		

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145	TINNED_FRUIT	number (13,5)	Required:false
	Tinned fruit (g/day)		
146	FRUIT_JUICE	number (13,5)	Required:false
	Fruit juice (g/day)		
147	ORANGES	number (13,5)	Required:false
	Oranges (g/day)		
148	APPLES	number (13,5)	Required:false
	Apples (g/day)		
149	PEARS	number (13,5)	Required:false
	Pears (g/day)		
150	BANANAS	number (13,5)	Required:false
	Bananas (g/day)		
151	MELON	number (13,5)	Required:false
	Melon (g/day)		
152	PINEAPPLE	number (13,5)	Required:false
	Pineapple (g/day)		
153	STRAWBERRIES	number (13,5)	Required:false
	Strawberries (g/day)		
154	APRICOTS	number (13,5)	Required:false
	Apricots (g/day)		
155	PEACHES	number (13,5)	Required:false
	Peaches (g/day)		
156	MANGO	number (13,5)	Required:false
	Mango (g/day)		
157	AVOCADO	number (13,5)	Required:false
	Avocado (g/day)		

158	CHIPS	number (13,5)	Required:false
	Chips (g/day)		
159	POTATOES	number (13,5)	Required:false
	potatoes (g/day)		
160	TOMATO_SAUCE	number (13,5)	Required:false
	Tomato sauce (g/day)		
161	TOMATOES	number (13,5)	Required:false
	Tomatoes (g/day)		
162	CAPSICUM	number (13,5)	Required:false
	Capsicum (g/day)		
163	LETTUCE	number (13,5)	Required:false
	Lettuce (g/day)		
164	CUCUMBER	number (13,5)	Required:false
	Cucumber (g/day)		
165	CELERY	number (13,5)	Required:false
	Celery (g/day)		
166	BEETROOT	number (13,5)	Required:false
	Beetroot (g/day)		
167	CARROTS	number (13,5)	Required:false
	Carrots (g/day)		
168	CABBAGE	number (13,5)	Required:false
	Cabbage (g/day)		
169	CAULIFLOWER	number (13,5)	Required:false
	Cauliflower (g/day)		

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170	BROCCOLI	number (13,5)	Required:false
	Broccoli (g/day)		
171	SPINACH	number (13,5)	Required:false
	Spinach (g/day)		
172	PEAS	number (13,5)	Required:false
	Peas (g/day)		
173	GREEN_BEANS	number (13,5)	Required:false
	Green beans (g/day)		
174	BEAN_SPROUTS	number (13,5)	Required:false
	Bean sprouts (g/day)		
175	BAKED_BEANS	number (13,5)	Required:false
	Baked beans (g/day)		
176	TOFU	number (13,5)	Required:false
	Tofu (g/day)		
177	OTHER_BEANS	number (13,5)	Required:false
	Other beans (g/day)		
178	PUMPKIN	number (13,5)	Required:false
	Pumpkin (g/day)		
179	ONION	number (13,5)	Required:false
	Onion (g/day)		
180	GARLIC	number (13,5)	Required:false
	Garlic (g/day)		
181	MUSHROOMS	number (13,5)	Required:false
	Mushrooms (g/day)		
182	ZUCCHINI	number (13,5)	Required:false
	Zucchini (g/day)		

183	LIGHT_BEER	number (13,5)	Required:false
	Light beer (g/day)		
184	HEAVY_BEER	number (13,5)	Required:false
	Heavy beer (g/day)		
185	RED_WINE	number (13,5)	Required:false
	Red wine (g/day)		
186	WHITE_WINE	number (13,5)	Required:false
	White wine (g/day)		
187	FORTIFIED_WINES	number (13,5)	Required:false
	Fortified wines (g/day)		
188	SPIRITS	number (13,5)	Required:false
	Spirits (g/day)		