

20. Other Foods and Drinks

Please enter details of any foods or drinks which you had **more than once a week** in the last 2-3 months which you have not included in the questionnaire above. If you do not want to add any foods, please leave this section blank and go to section 21.

Food description	Measure	Measures per day	Number of days per week
a) _____	_____	1 2 3 4 5+	1 2 3 4 5 6 7
_____	_____		
b) _____	_____	1 2 3 4 5+	1 2 3 4 5 6 7
_____	_____		
c) _____	_____	1 2 3 4 5+	1 2 3 4 5 6 7
_____	_____		
d) _____	_____	1 2 3 4 5+	1 2 3 4 5 6 7
_____	_____		

21. Vitamin, Mineral and Food Supplements

Please give details and brand name of any supplements (e.g. multivitamins, iron tablets, cod liver oil, evening primrose oil, Complan, wheatgerm, bran) which you took in the last 2-3 months.

Supplement type	Measure	Measures per day	Number of days per week
a) _____	_____	1 2 3 4 5+	R M 1 2 3 4 5 6 7
Brand name and details _____			
b) _____	_____	1 2 3 4 5+	R M 1 2 3 4 5 6 7
Brand name and details _____			
c) _____	_____	1 2 3 4 5+	R M 1 2 3 4 5 6 7
Brand name and details _____			
d) _____	_____	1 2 3 4 5+	R M 1 2 3 4 5 6 7
Brand name and details _____			

22. Other Information

Any other information or comments on your diet in the last 2-3 months

Date of completing the questionnaire _____

Thank-you very much for completing this questionnaire.

Please return it to the investigators as requested.

Diet Questionnaire

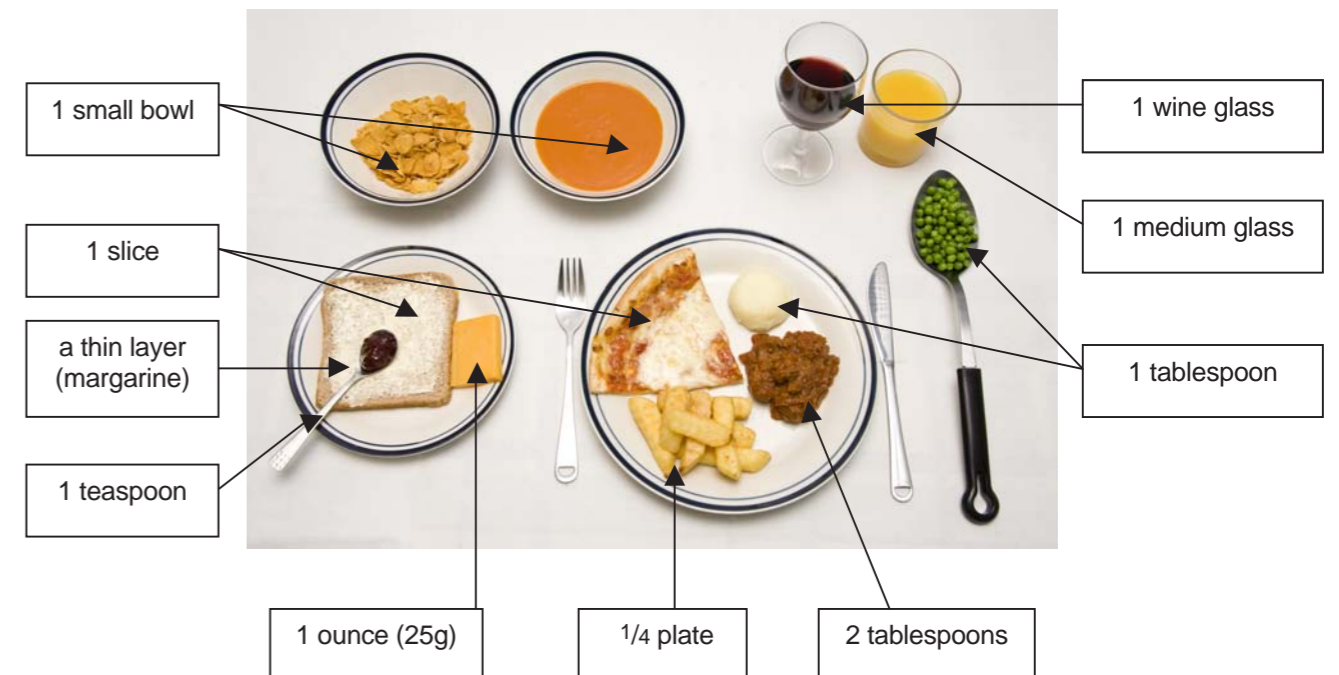
© University of Aberdeen, 2005

**Thank-you for agreeing to complete this questionnaire.
It should take about 20-30 minutes to complete.**

Please take a few minutes to read the instructions carefully.

We would like you to describe your usual diet over the last 2-3 months. This should include all your main meals, snacks and drinks which you had at home or away from home e.g. at work, at restaurants or cafes and with friends and family.

The questionnaire lists 170 foods and drinks. For each one a measure is given to help you estimate how much you usually have. The photograph below shows examples of some of these measures:



Please use **black or blue** pen to complete the questionnaire: do not use pencil.

How to complete the questionnaire

--	--	--	--	--	--

For **every line** in the questionnaire, we would like you to answer two things.

- **how much** of the food you had in a day you ate the food, and
- **how many** days a week you had the food.

To estimate **how much** of the food you had, you should circle a number under 'Measures per day'. Each food is described in common measures such as slices, glasses or tablespoons as illustrated in the photograph. *Please note that the measures are designed to be quite small, so your usual portion may easily be 2 or more measures.*

To estimate **how many** days a week you had the food, you should circle a letter or number under 'Number of days per week'.

- If you had the food less than once a month, you should circle **R** (for **R**arely or never). *For these foods you do not need to fill in the number of measures per day.*
- If you had the food more than once a month but less than once a week, you should circle **M** (for **M**onth).
- If you had the food on average 1-6 days a week, you should circle 1-6 as appropriate.
- If you had the food every day, you should circle 7.

The example below shows the answers for someone who had 4 slices of bread every day, 1 apple 5 days a week, 1/2 a plate of chips (i.e. two 1/4 plates) once or twice a month but rarely or never had tomato juice:

	Measure	Measures per day	Number of days per week
a) Bread (including toast & sandwiches)	1 medium slice	1 2 3 4 5+	R M 1 2 3 4 5 6 7
b) Apples	1 medium apple	1 2 3 4 5+	R M 1 2 3 4 5 6 7
c) Chips from a chip shop or restaurant	1/4 plate	1 2 3 4 5+	R M 1 2 3 4 5 6 7
d) Tomato juice	1/2 medium glass	1 2 3 4 5+	R M 1 2 3 4 5 6 7

If you want to change an answer, please put a **cross** through the wrong answer and circle the new answer (see example above).

If there are any foods or drinks that you eat regularly which do not appear on the questionnaire, please list them in section 20 ('other foods and drinks').

	Measure	Measures per day	Number of days per week
f) Pure fruit juice (orange, apple, etc.)	1/2 medium glass	1 2 3 4 5+	R M 1 2 3 4 5 6 7
g) Tomato juice	1/2 medium glass	1 2 3 4 5+	R M 1 2 3 4 5 6 7
h) Blackcurrant squash (e.g. Ribena)	1 medium glass	1 2 3 4 5+	R M 1 2 3 4 5 6 7
i) Other fruit squash	1 medium glass	1 2 3 4 5+	R M 1 2 3 4 5 6 7
j) Diet fizzy drinks (Cola, lemonade etc.)	1 can	1 2 3 4 5+	R M 1 2 3 4 5 6 7
k) Regular fizzy drinks	1 can	1 2 3 4 5+	R M 1 2 3 4 5 6 7
l) Mineral water	1 medium glass	1 2 3 4 5+	R M 1 2 3 4 5 6 7
m) Tap water (not in other drinks)	1 medium glass	1 2 3 4 5+	R M 1 2 3 4 5 6 7
n) Hot chocolate	1 cup or mug	1 2 3 4 5+	R M 1 2 3 4 5 6 7
o) Horlicks or Ovaltine	1 cup or mug	1 2 3 4 5+	R M 1 2 3 4 5 6 7

19. Alcoholic Drinks

Please estimate your average intake of alcohol over the last 2-3 months. If your intake varied from week to week, please try to give an overall estimate which allows for weeks with high or low intake. If you had less than one measure a week on average, please circle 0.

Drink	Measure	Number of measures per week
a) Low alcohol lager or beer	1/2 pint	0 1-2 3-4 5-9 10-14 15-19 20-29 30-39 40+
b) Dark beer (Export, bitter or stout)	1/2 pint	0 1-2 3-4 5-9 10-14 15-19 20-29 30-39 40+
c) Light beer (lager or continental beers)	1/2 pint	0 1-2 3-4 5-9 10-14 15-19 20-29 30-39 40+
d) White wine	1 wine glass	0 1-2 3-4 5-9 10-14 15-19 20-29 30-39 40+
e) Red wine	1 wine glass	0 1-2 3-4 5-9 10-14 15-19 20-29 30-39 40+
f) Sherry, port etc.	1 sherry glass	0 1-2 3-4 5-9 10-14 15-19 20-29 30-39 40+
g) Spirits or liqueurs	1 pub measure	0 1-2 3-4 5-9 10-14 15-19 20-29 30-39 40+
h) Alcopops (e.g. Bacardi Breezer)	1 bottle	0 1-2 3-4 5-9 10-14 15-19 20-29 30-39 40+
i) Cider	1 bottle or 1/2 pint	0 1-2 3-4 5-9 10-14 15-19 20-29 30-39 40+

It is very important that you give an answer for every line.

If you rarely or never have a food, please make sure that you circle R.

Please make sure you have given an answer for every line before leaving this page