



FOOD FREQUENCY QUESTIONNAIRE

This questionnaire asks for some background information about what you eat.

Your answers will be treated as strictly confidential and will be used only for medical research.

Please put a tick in the box to indicate how often, on average, you have eaten the amount of each food during the past year.

Section A: FOOD AND AMOUNTS

A1. Meat and fish (beef, pork, lamb, chicken, oily, fish, fish fingers, shellfish)

- | | |
|-------------------------------|--------------------------|
| Never or less than once/month | <input type="checkbox"/> |
| 1-3 per month | <input type="checkbox"/> |
| Once a week | <input type="checkbox"/> |
| 2-4 per week | <input type="checkbox"/> |
| 5-6 per week | <input type="checkbox"/> |
| Once a day | <input type="checkbox"/> |
| 2-3 per day | <input type="checkbox"/> |
| 4-5 per day | <input type="checkbox"/> |
| 6+ per day | <input type="checkbox"/> |

A2. Bread and crackers (weight bread, brown bread, chees biscuits, cream cracker)

- | | |
|-------------------------------|--------------------------|
| Never or less than once/month | <input type="checkbox"/> |
| 1-3 per month | <input type="checkbox"/> |
| Once a week | <input type="checkbox"/> |
| 2-4 per week | <input type="checkbox"/> |
| 5-6 per week | <input type="checkbox"/> |
| Once a day | <input type="checkbox"/> |
| 2-3 per day | <input type="checkbox"/> |
| 4-5 per day | <input type="checkbox"/> |



6+ per day ☐

A3. Dairy products and fats (cheese, salad cream, butter)

Never or less than once/month ☐

1-3 per month ☐

Once a week ☐

2-4 per week ☐

5-6 per week ☐

Once a day ☐

2-3 per day ☐

4-5 per day ☐

6+ per day ☐

A4. Sweets and snacks (sweet biscuits, chocolate, cakes, ice cream, peanuts)

Never or less than once/month ☐

1-3 per month ☐

Once a week ☐

2-4 per week ☐

5-6 per week ☐

Once a day ☐

2-3 per day ☐

4-5 per day ☐

6+ per day ☐

A5. Vegetables and fruits (carrots, spinach, broccoli, tomatoes, apples, pears, oranges, bananas)

Never or less than once/month ☐

1-3 per month ☐

Once a week ☐

2-4 per week ☐

5-6 per week ☐

Once per day ☐

2-3 per day ☐



4-5 per day ☐

6+ per day ☐

A6. Drinks (coffee, beer, wine, fizzy soft drink, fruit juice)

Never or less than once/month ☐

1-3 per month ☐

Once a week ☐

2-4 per week ☐

5-6 per week ☐

Once a day ☐

2-3 per day ☐

4-5 per day ☐

6+ per day ☐