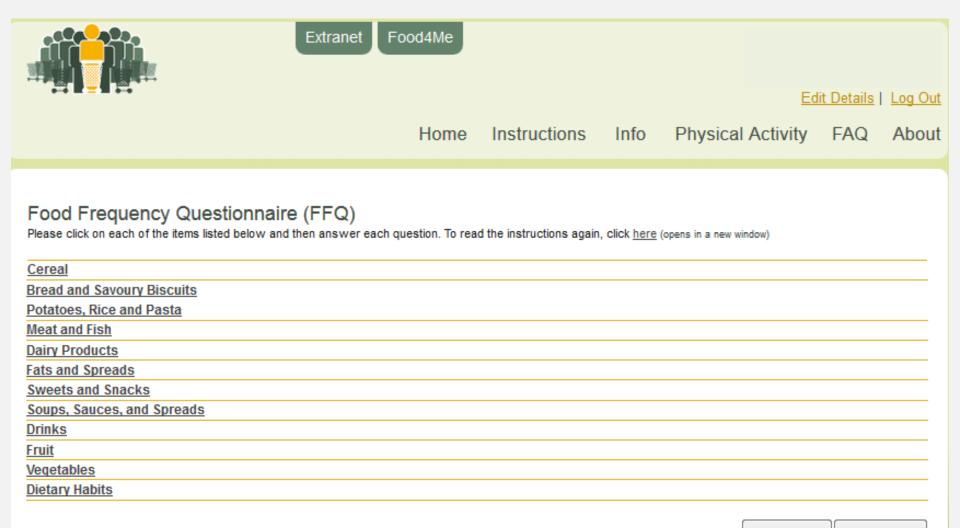
Food4Me FFQ Food Categories



Save & Exit Submit FFQ

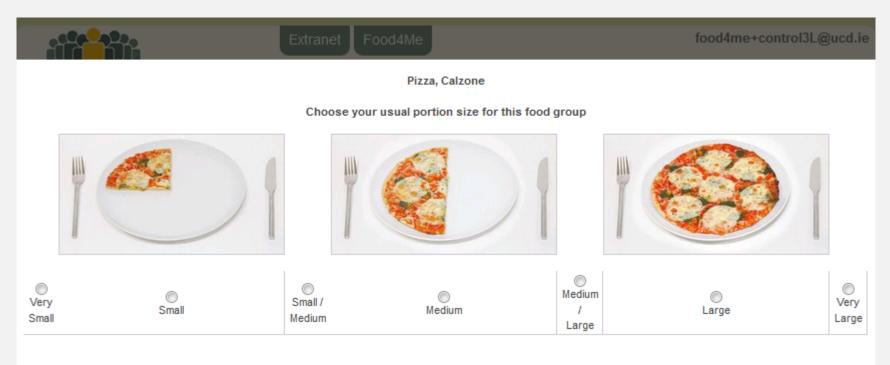
Selection of frequency of consumption

Food Frequency Questionnaire (FFQ)

Please click on each of the items listed below and then answer each question. To read the instructions again, click here (opens in a new window)

Cereal										
Bread and Savoury Biscuits										
Potatoes, Rice and Pasta										
	How often would you have consumed each of the following in the past month?									
	Portion size	Never	1-3 per	Once a	2-4 per	5-6 per	Once a	2-3 per	4-5 per	6+ per
		(<1 per	month	week	week	week	day	day	day	day
		month)								
Potatoes - mashed, instant, roast		\odot	\odot	\odot	\odot	\odot	\odot	\odot	\odot	\odot
Potatoes - boiled, jacket		\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Potato dishes e.g. salads, dauphinoise		\odot	\odot	\odot	\odot	\odot	\odot	\odot	\odot	\odot
Chips		0	\bigcirc							
White rice		\odot	\odot	\odot	\odot	\odot	\odot	\odot	\odot	\odot
Brown rice, buckwheat and barley groats		\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
White pasta, noodles and other grains e.g. cous cous, polenta		\odot	\odot	\odot	\odot	\odot	\odot	\odot	\odot	\odot
Wholemeal pasta		\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Lasagne, moussaka, ravioli and tortelini, filled dumplings		0	\odot							
Pizza, calzone		\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Springrolls		0	\odot							
Potato or Plain Dumplings		\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
	Portion size	Never	1-3 per	Once a	2-4 per	5-6 per	Once a	2-3 per	4-5 per	6+ per
		(<1 per month)	month	week	week	week	day	day	day	day
Meat and Fish										
Dairy Products										
Fats and Spreads										
Sweets and Snacks										
Soups, Sauces, and Spreads										
Drinks										
Fruit										
Vegetables										
Dietary Habits										
									<u> </u>	

Selection of portion sizes



4

Additional dietary habits section

Dietary Habits

-	t month, were there any OTHER foods which you ate more than once a week?				
Fiease als	Name of food	Number times eaten each week	Usual serving size		
In the past	month, how often did you add salt to food while cooking?				
In the past	t month, how often did you add salt to food at the table?		•		
In the past (e.g.: LoSa					
	t month, how often did you eat fried food?				
In the past					
_	past month, on average, how many times per week did you eat the following typ o indicate your usual portion size.				
	Type of food	Times per week	Usual portion size		
	Vegetables (not including potatoes)				
	Salads				
	Fruit and fruit products (not including fruit juice)		•		
	Fish and fish products		_		
	Meat, meat products and meat dishes (including bacon, ham and chicken)		_		

Supplement use

In the past 6 months, have you taken any vitamin or mineral supplements? Full name Amount per occasion How often (e.g. Centrum Advanced Multivitamin, Seven Seas Cod Liver Oil, Tesco Folic (e.g. 1 tablet, Acid 400 ug) 2 capsules, 1 teaspoon (5ml), 2 teaspoon (10ml), 3 teaspoons (15ml) Example: Centrum Select 50+ 2 Once per day tablet(s) • Ŧ Ŧ Ŧ -+