

## The Raine Study 20-21 year follow-up



## Food Frequency Questionnaire (Dietary Questionnaire)

Questionnaire about what you usually eat and drink

### 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**.

If you can't decide which type you have most often, answer for the types you usually eat.

Please fill in the date you completed this questionnaire:

G220\_FFQ\_DAT

DAY	MTH	YEAR
	<input type="radio"/> JAN	<input type="radio"/> 2004
	<input type="radio"/> FEB	<input type="radio"/> 2005
	<input type="radio"/> MAR	<input type="radio"/> 2006
	<input type="radio"/> APR	<input type="radio"/> 2007
	<input type="radio"/> MAY	<input type="radio"/> 2008
	<input type="radio"/> JUN	<input type="radio"/> 2009
	<input type="radio"/> JUL	<input type="radio"/> 2010
	<input type="radio"/> AUG	<input type="radio"/> 2011
	<input type="radio"/> SEP	<input type="radio"/> 2012
	<input type="radio"/> OCT	<input type="radio"/> 2013
	<input type="radio"/> NOV	<input type="radio"/> 2014
	<input type="radio"/> DEC	<input type="radio"/> 2015

**Q1. How many pieces of fresh fruit do you usually eat per day?** (Count  $\frac{1}{2}$  cup of diced fruit, berries or grapes as one piece)

G220\_Fruit\_pd

- |   |  |
|---|--|
| 0 | <input type="radio"/> I didn't eat fruit                 |
| 1 | <input type="radio"/> less than 1 piece of fruit per day |
| 2 | <input type="radio"/> 1 piece of fruit per day           |
| 3 | <input type="radio"/> 2 pieces of fruit per day          |
| 4 | <input type="radio"/> 3 pieces of fruit per day          |
| 5 | <input type="radio"/> 4 or more pieces of fruit per day  |

**Q2. How many different vegetables do you usually eat per day? (Count all types, fresh, frozen or tinned)**

- 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

G220\_Veg\_pd

**Q3. What type of milk do you usually use?**

- none
- full cream milk
- reduced fat milk
- skim milk
- soya milk

G220\_Milk\_none  
G220\_Milk\_full  
G220\_Milk\_redfat  
G220\_Milk\_skim  
G220\_Milk\_soy

**Q4. How much milk do you usually use per day? (Include flavored milk and milk added to tea, coffee, cereal, etc.)**

- 0**  none
- 1**  less than 250 ml (1 large cup of mug)
- 2**  between 250 and 500 ml (1-2 cups)
- 3**  between 500 and 750 ml (2-3 cups)
- 4**  750 ml (3 cups) or more

G220\_Milk\_pd

**Q5. What type of bread do you usually eat?**

- I don't eat bread
- high fiber white bread
- white bread
- whole meal bread
- rye bread
- multi-grain bread

G220\_Bread\_none  
G220\_Bread\_highf  
G220\_Bread\_white  
G220\_Bread\_whole  
G220\_Bread\_rye  
G220\_Bread\_multi

**Q6. How many slices of bread do you usually eat per day?** *(Include all types, fresh or toasted and count one bread roll as 2 slices)*

- 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

G220\_Bread\_pd

**Q7. Which spread do you usually put on bread?**

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

G220\_Spread\_none  
G220\_Spread\_Marg  
G220\_Spread\_Poly\_marg  
G220\_Spread\_Mono\_marg  
G220\_Spread\_Marg\_blends  
G220\_Spread\_Butter

**Q8. 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.)*

- 0**  none
- 1**  1 to 4 teaspoons per day
- 2**  5 to 8 teaspoons per day
- 3**  9 to 12 teaspoons per day
- 4**  More than 12 teaspoons per day

G220\_Sugar\_pd

**Q9. On average, how many eggs do you usually eat per week?** *(Include sugar taken with tea and coffee and on breakfast cereal, etc.)*

- 0**  I didn't eat eggs
- 1**  less than 1 egg per week
- 2**  1 to 2 eggs per week
- 3**  3 to 5 eggs per week
- 4**  6 or more eggs per week

G220\_Eggs\_pw

**Q10. On average, how many eggs do you usually eat per week?** (Include sugar taken with tea and coffee and on breakfast cereal, etc.)

- I didn't eat cheese
- hard cheeses, e.g. parmesan, romano
- firm cheeses, e.g. cheddar, edam
- soft cheeses, e.g. camembert, brie
- ricotta or cottage cheeses
- cream cottage
- low fat cottage

- G220\_Cheese\_none
- G220\_Cheese\_hard
- G220\_Cheese\_firm
- G220\_Cheese\_soft
- G220\_Cheese\_Ricotta
- G220\_cheese\_Cream
- G220\_cheese\_Lowfat

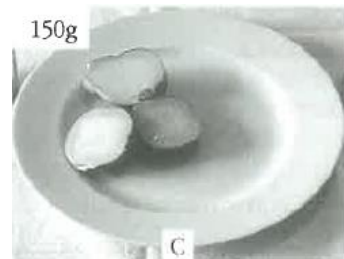
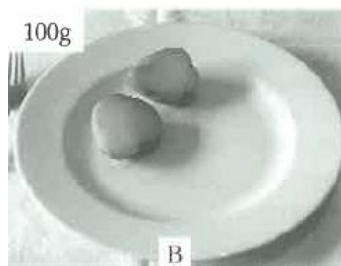
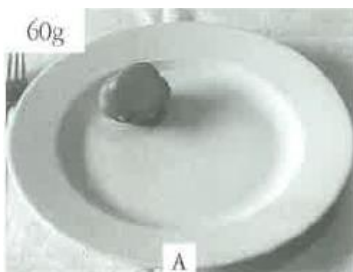
For each food shown on this page, indicate **how much on average you would usually have eaten at main meals during the past 12 months**. When answering each question, think of the **amount** of that food you usually ate, even though you may rarely have eaten the food on its own.

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

**Q11. When you ate potato, did you usually eat:**

G220\_Pot\_eat

0  I never ate potato



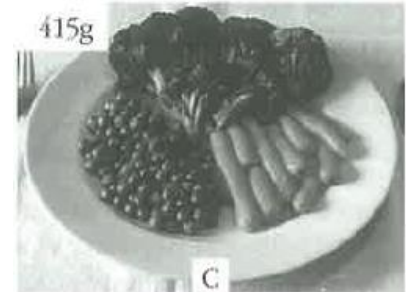
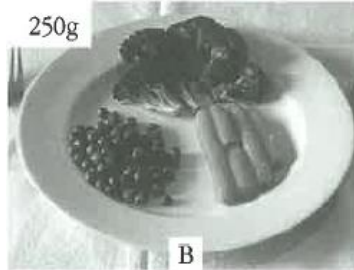
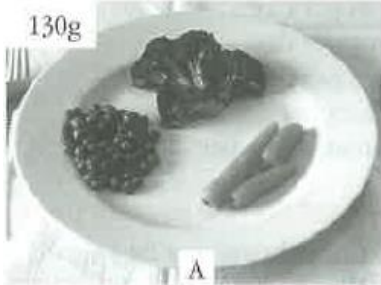
<b>60g</b>	<b>100g</b>	<b>150g</b>
<b>A</b>	<b>B</b>	<b>C</b>

<b>Less than A</b>	<b>A</b>	<b>Between A &amp; B</b>	<b>B</b>	<b>Between B &amp; C</b>	<b>C</b>	<b>More than C</b>
2	3	4	5	6	7	8

**Q12. When you ate vegetable, did you usually eat:**

G220\_Veg\_eat

0  I never ate vegetables



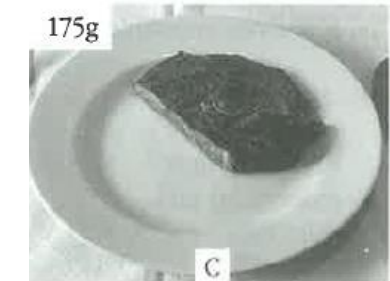
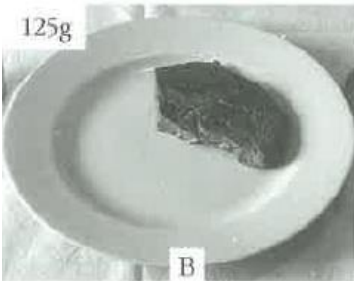
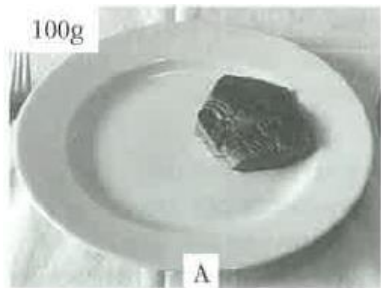
<b>130g</b> <b>A</b>	<b>250g</b> <b>B</b>	<b>415g</b> <b>C</b>
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<b>Less than A</b>	<b>A</b>	<b>Between A &amp; B</b>	<b>B</b>	<b>Between B &amp; C</b>	<b>C</b>	<b>More than C</b>
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>

**Q13. When you ate steak, did you usually eat:**

G220\_Steak\_eat

0  I never ate steak



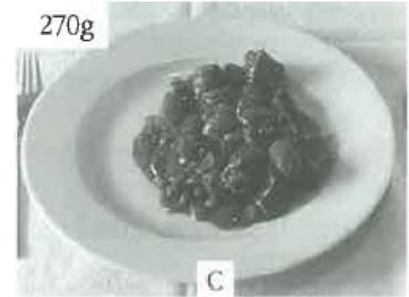
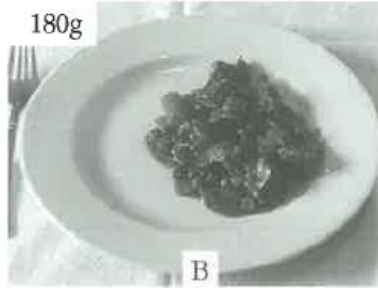
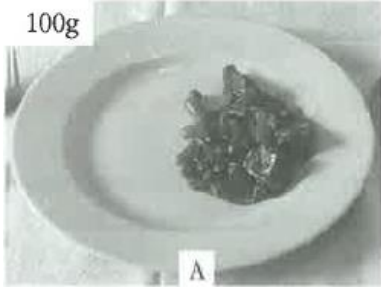
<b>100g</b> <b>A</b>	<b>125g</b> <b>B</b>	<b>175g</b> <b>C</b>
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<b>Less than A</b>	<b>A</b>	<b>Between A &amp; B</b>	<b>B</b>	<b>Between B &amp; C</b>	<b>C</b>	<b>More than C</b>
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>

**Q14. When you ate meat or vegetable casserole, did you usually eat:**

G220\_Casserole\_eat

0  I never ate casserole



<b>100g</b> <b>A</b>	<b>180g</b> <b>B</b>	<b>270g</b> <b>C</b>
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<b>Less than A</b>	<b>A</b>	<b>Between A &amp; B</b>	<b>B</b>	<b>Between B &amp; C</b>	<b>C</b>	<b>More than C</b>
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>

**Q15. Over the past 12 months, on average, how often did you eat the following foods? Please completely fill one oval in every line**

<b>Times You Have Eaten</b>	<b>N E V E R</b>	<b>Less than once</b>	<b>1 to 3 times</b>	<b>1 time</b>	<b>2 times</b>	<b>3 to 4 times</b>	<b>5 to 6 times</b>	<b>1 time</b>	<b>2 times</b>	<b>3 to more times</b>
		<b>per month</b>			<b>per week</b>			<b>per day</b>		
		<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>

### **CREAL FOODS, SWEETS & SNACKS**

All Bran	G220_bran_All	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sultana Bran, FiberPlus, Branflakes	G220_bran_Oth	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Weet Bix, Vita Brits, Weeties	G220_Weetbix	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
CronFlakes, Nutrigrain, Special K	G220_Cornflakes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Porridge	G220_Porridge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Muesli	G220_Muesli	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rice	G220_Rice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pasta or noodles (include lasagne)	G220_Pasta	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Crackers, crispbreads, dry biscuits	G220_biscuits_Dry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sweet biscuits	G220_biscuits_Sweet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cakes, sweet pies, tart and other sweet pastries	G220_Cakes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Meat pies, pasties, quiche and other savory pastries	G220_Pastries	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pizza	G220_Pizza	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hamburger with a bun	G220_Hamburger	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Chocolate	G220_Chocolate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Flavored milk drink (cocoa, Milo, etc.)	G220_milk_Flav	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nuts	G220_Nuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Peanut butter or peanut paste	G220_Peanut_butter	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Corn chips, potato crisps, Twisties, etc.	G220_Chips	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jam, marmalade, honey or syrups	G220_Jam_honey	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vegemite, Marmite or Promite	G220_Vegemite	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cheese	G220_Cheese	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ice-cream	G220_Icecream	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yoghurt	G220_Yoghurt	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Beef	G220_Beef	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



<b><i>Times You Have Eaten</i></b>	<b>N E V E R</b>	<b>Less than once</b>	<b>1 to 3 times</b>	<b>1 time</b>	<b>2 times</b>	<b>3 to 4 times</b>	<b>5 to 6 times</b>	<b>1 time</b>	<b>2 times</b>	<b>3 to more times</b>
		<b>per month</b>		<b>per week</b>				<b>per day</b>		
		<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>

**DAIRY PRODUCTS, MEAT & FISH**

Veal	G220_Veal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Chicken	G220_Chicken	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lamb	G220_Lamb	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pork	G220_Pork	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bacon	G220_Bacon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ham	G220_Ham	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Corned beef, luncheon meats, or salami	G220_Beef_salami	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sausages or frankfurters	G220_Sausages	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fish steamed, grilled, or baked	G220_Fish_grill	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fish fried (include take away)	G220_Fish_fried	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fish tinned( salmon, tuna, sardines, etc)	G220_Fish_tinned	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tinned or frozen fruit (any kind)	G220_Fruit_tinned	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fruit juice	G220_Fruit_juice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Oranges or other citrus fruit	G220_Oranges	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Apples	G220_Apples	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pears	G220_Pears	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bananas	G220_Bananas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Watermelon, rockmelon (cantaloupe), honeydew, etc.	G220_Melons	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pineapple	G220_Pineapple	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strawberries	G220_Strawberry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Apricots	G220_Apricots	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Peaches or nectarines	G220_Peaches	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mango or paw paw	G220_Mango	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Avocado	G220_Avocado	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Potatoes, roasted or fried (include hot chips)	G220_Pot_roast_fried	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Potatoes cooked without fat	G220_Pot_not_fat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

<i>Times You Have Eaten</i>	N E V E R	Less than once	1 to 3 times	1 time	2 times	3 to 4 times	5 to 6 times	1 time	2 times	3 to more times
		per month			per week			per day		
		0	1	2	3	4	5	6	7	8

**VEGETABLES (INCLUDING FRESH, FROZEN & TINNED)**

Tomato sauce, tomato paste or dried tomatoes	G220_Tom_sauce_paste	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fresh or tinned tomatoes	G220_Tom_tinned_Fresh	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pepper (capsicum)	G220_Peppers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lettuce, endive, other salad greens	G220_Green_salad	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cucumber	G220_Cucumber	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Celery	G220_Celery	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Beetroot	G220_Beetroot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Carrots	G220_Carrots	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cabbage or Brussels sprouts	G220_Cabbage	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cauliflower	G220_Cauliflower	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Broccoli	G220_Broccoli	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Silverbeet or spinach	G220_Spinach	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Peas	G220_Peas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Green beans	G220_beans_Green	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bean sprouts or alfalfa sprouts	G220_beans_Sprouts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Baked beans	G220_beans_Baked	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Soy beans, soy bean curd or tofu	G220_beans_Soy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other beans (include chickpeas, lentils, etc.)	G220_bean_Oth	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pumpkin	G220_Pumpkin	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Onion or leeks	G220_Onion	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Garlic (not garlic tablets)	G220_Garlic_fresh	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mushroom	G220_Mushroom	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
zucchini	G220_Zucchini	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Q16. Over the last 12 months, how often did you drink beers, wine and/or spirits?**

<b>Times That You Drank</b>	<b>N</b>	<b>E</b>	<b>V</b>	<b>E</b>	<b>R</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
		less than once a month	1-3 days per month	1 day per week	2 days per week	3 days per week	4 days per week	5 days per week	6 days per week	every day					
<b>Beer (low alcohol)</b>	G220_Beer_low		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Beer (full strength)</b>	G220_Beer_full		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Red wine</b>	G220_wine_Red		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>White wine (include sparkling wines)</b>	G220_wine_White		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Fortified wines, port, sherry, etc.</b>	G220_wine_Fortified		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Spirits, liqueurs, etc.</b>	G220_Spirits		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

When answering the next two questions, please convert the amount you drank into glasses using the examples given below. For spirits, liqueurs, and mixed drinks containing spirits please count each nip (30 ml) as one glass.

1 can or stubby of beer = 2 glasses	1 bottle wine (750 ml) = 6 glasses
1 large bottle beer (750 ml) = 4 glasses	1 bottle of port or sherry (750 ml) = 12 glasses

**Q17. Over the last 12 months, on days when you were drinking, how many glasses of beers, wine and/or spirits altogether did you usually drink?**

G220\_glass\_pd

<b>TOTAL NUMBER OF GLASSES PER DAY</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10 or more</b>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Q18. Over the last 12 months, what was the maximum number of glasses of beers, wine and/or spirits that you drank in 24 hours?**

G220\_Max\_glass\_pd

<b>MAXIMUM NUMBER OF GLASSES PER 24 HOURS</b>	<b>0</b>	<b>1-2</b>	<b>3-4</b>	<b>5-6</b>	<b>7-8</b>	<b>9-10</b>	<b>11-12</b>	<b>13-14</b>	<b>15-16</b>	<b>17-18</b>	<b>19 or more</b>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>