

# Dietary Questionnaire

This questionnaire is about your usual eating and drinking habits **over the last 12 months**.

Please include all that you ate and drank: breakfast, lunch, dinner, supper and all snacks between meals.

Include all that you ate and drank both at home and away from home.

Please attempt to answer every question, even an estimate is useful information.

## QUESTIONS ABOUT YOUR HOUSEHOLD

1. In the last 12 months, how many people, including you, lived in your household?
  - ☐ I live alone
  - ☐ 2
  - ☐ 3
  - ☐ 4
  - ☐ 5
  - ☐ 6
  - ☐ 7 or more
2. Over the last 12 months, how much olive oil was used each month in your household?
  - ☐ None
  - ☐ About 1/2 a litre or less per month
  - ☐ About 3/4 of a litre (750 ml)
  - ☐ About 1 litre
  - ☐ About 1 1/2 litres
  - ☐ About 2 litres
  - ☐ About 3 litres
  - ☐ About 4 litres
  - ☐ More than 4 litres per month
3. Over the last 12 months, how much canola oil was used each month in your household?
  - ☐ None
  - ☐ About 1/2 a litre or less per month
  - ☐ About 3/4 of a litre (750 ml)
  - ☐ About 1 litre
  - ☐ About 1 1/2 litres
  - ☐ About 2 litres
  - ☐ About 3 litres
  - ☐ About 4 litres
  - ☐ More than 4 litres per month
4. Over the last 12 months, how much other vegetable oil was used each month in your household? Other vegetable oils include blended vegetable oil, sesame oil, peanut oil, sunflower oil, etc.
  - ☐ None

- About 1/2 a litre or less per month
- About 3/4 of a litre (750 ml)
- About 1 litre
- About 1 1/2 litres
- About 2 litres
- About 3 litres
- About 4 litres
- More than 4 litres per month

5. What type of spread or oil did you usually put on your bread?

- None
- Butter
- Butter/margarine blends (e.g. Devondale Extra Soft or Dairy Soft, Western Star spreadable varieties)
- Margarine
- Olive oil

If no to margarine – (Go to Q.7)

If yes to margarine – (Answer Q.6)

6. What types of margarine did you usually use? You may choose more than 1 type.

- Canola margarine (e.g. Gold'n Canola, Meadow Lea Canola)
- Sterol margarine or margarine to lower cholesterol (e.g. Pro-activ, Meadow Lea Heart Plus, or Logicol)
- Olive oil margarine (e.g. Bertolli, Olive Grove, or Olivani)
- Polyunsaturated margarine

7. In the last 12 months, how much milk of any type did you usually consume each day? Include milk drunk on its own, flavoured milk, milk added to cereal and milk added to beverages such as tea, coffee, or hot chocolate.

- None – (Go to Q.9)
- Less than 1/2 a cup per day (less than 125 mL)
- About 1/2 a cup per day (125 mL)
- About 1 cup per day (250 mL)
- About 2 cups per day (500 mL)
- 3 or more cups per day (750 mL or more)

8. What types of milk did you usually use? You may choose more than 1 type.

- Full cream
- Reduced fat milk 1-3% fat (Anything with “low fat” in title e.g. REV, Light Start, Devondale Smart Milk)
- Skim milk less than 1% fat (Anything with “skim” or “no fat” in title e.g. Weight Watchers, Skinny Milk)
- Soy milk
- Flavoured milk
- Rice, oat other milk

The following 3 questions are about the amount of soft drinks and water that you drank.

Remember to include any soft drink used in mixed drinks such as 'rum & Coke' or 'vodka & ginger ale'.

Please use the following as a guide:

- 375 mL can = 2 glasses
- 750 mL bottle = 4 glasses
- 1.25 litre bottle = 7 glasses
- 1.5 litre bottle = 8 glasses
- 2 litre bottle = 11 glasses

9. In the last 12 months, how many glasses of diet soft drink, such as Diet Coke, did you usually drink each day?

- ☐ None
- ☐ Less than 1 glass per day
- ☐ 1 glass
- ☐ 2 glasses (or 1 can)
- ☐ 3 glasses
- ☐ 4 glasses
- ☐ 5 glasses
- ☐ 6 glasses
- ☐ 7 glasses
- ☐ 8 glasses
- ☐ 9 glasses
- ☐ 10 or more glasses

10. In the last 12 months, how many glasses of regular soft drink such as Coca-Cola, Pepsi, Solo, lemonade or flavoured mineral water did you usually drink each day? (Do not include unflavoured mineral water or soda water)

- ☐ None
- ☐ Less than 1 glass per day
- ☐ 1 glass
- ☐ 2 glasses (or 1 can)
- ☐ 3 glasses
- ☐ 4 glasses
- ☐ 5 glasses
- ☐ 6 glasses
- ☐ 7 glasses
- ☐ 8 glasses
- ☐ 9 glasses
- ☐ 10 or more glasses

11. In the last 12 months, how many glasses of water, including tap water, unflavoured mineral water or soda water did you usually drink each day?

- ☐ None
- ☐ Less than 1 glass per day
- ☐ 1 glass
- ☐ 2 glasses (or 1 can)

- 3 glasses
- 4 glasses
- 5 glasses
- 6 glasses
- 7 glasses
- 8 glasses
- 9 glasses
- 10 or more glasses

12. In the last 12 months, how many slices of bread did you usually eat each day? Please include all types of bread, fresh or toasted. Count one bread roll as 2 slices.

- None – (Go to Q.14)
- Less than 1 slice per day
- 1 slice per day
- 2 slices per day
- 3 slices per day
- 4 slices per day
- 5 to 7 slices per day
- 8 or more slices per day

13. What types of bread and rolls did you usually eat? You may choose more than 1 type.

- White (include Turkish and white sourdough)
- High fibre white
- Wholemeal
- Multi-grain
- Rye (include rye sourdough)
- Soy and linseed
- Gluten free

14. In the last 12 months, how many eggs did you usually eat each week? Include eggs that are fried, boiled, scrambled, poached and used in omelettes.

- None
- Less than 1 egg per week
- 1 to 2 eggs per week
- 3 to 5 eggs per week
- 6 or more eggs per week

15. During the last 12 months, how much sugar did you usually add to food and drinks such as cereal, tea and coffee each day?

- None
- 1 to 4 teaspoons
- 5 to 8 teaspoons
- 9 to 12 teaspoons
- More than 12 teaspoons per day.

16. In the last 12 months, how many serves of fruit did you usually eat each day? Count as

1 serve either:

- a whole piece of fruit such as an apple, pear or banana
- a handful of fruit such as apricots, grapes, berries or raisins
- 1 cup of chopped fruit, fruit salad or stewed fruit

- ☐ None
- ☐ Less than 1 serve of fruit per day
- ☐ 1 serve of fruit per day
- ☐ 2 serves per day
- ☐ 3 serves per day
- ☐ 4 serves per day
- ☐ 5 serves per day
- ☐ 6 or more serves of fruit per day

17. In the last 12 months, how many serves of vegetables, including potatoes, did you usually eat each day? Count as 1 serve either:

- 1 cup of salad vegetables or
- 1/2 cup of cooked vegetables

- ☐ None
- ☐ Less than 1 serve of vegetables per day
- ☐ 1 serve of vegetables per day
- ☐ 2 serves per day
- ☐ 3 serves per day
- ☐ 4 serves per day
- ☐ 5 serves per day
- ☐ 6 serves per day
- ☐ 7 or more serves of vegetables per day

For the next few questions we want you choose the pictures that show how much you usually ate at main meals, such as lunch or dinner. If you usually ate more than one helping, choose the picture that is closest to the total amount you ate.

18. When you ate rice in the last 12 months, how much did you usually eat?



A



B



C

- ☐ Less than A
- ☐ A

- Between A & B
- B
- Between B & C
- C
- More than C
- I did not eat rice

19. When you ate fish in the last 12 months, how much did you usually eat?



A



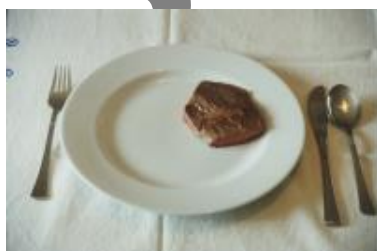
B



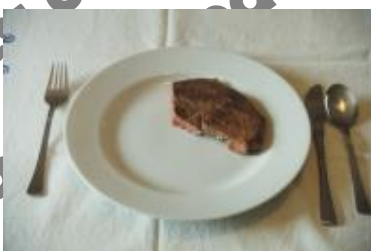
C

- Less than A
- A
- Between A & B
- B
- Between B & C
- C
- More than C
- I did not eat fish

20. When you ate steak or other meat in the last 12 months, how much did you usually eat?



A



B



C

- Less than A
- A
- Between A & B
- B
- Between B & C
- C
- More than C
- I did not eat steak

21. When you ate potatoes in the last 12 months, how much did you usually eat?



A



B



C

- ☐ Less than A
- ☐ A
- ☐ Between A & B
- ☐ B
- ☐ Between B & C
- ☐ C
- ☐ More than C
- ☐ I did not eat potato

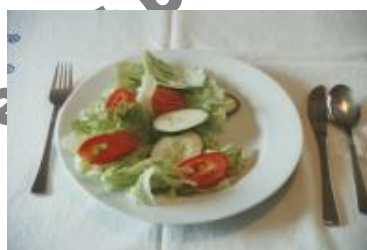
22. When you ate salad in the last 12 months, how much did you usually eat?



A



B



C

- ☐ Less than A
- ☐ A
- ☐ Between A & B
- ☐ B
- ☐ Between B & C
- ☐ C
- ☐ More than C
- ☐ I did not eat salad

23. When you ate cooked vegetables in the last 12 months, how much did you usually eat?



A



B



C

- ☐ Less than A
- ☐ A
- ☐ Between A & B
- ☐ B
- ☐ Between B & C
- ☐ C
- ☐ More than C
- ☐ I did not eat cooked vegetables

24. In the last 12 months, did you eat breakfast cereal other than porridge at least once a month?

- ☐ Yes
- ☐ No – (Go to Q.28)

25. In the last 12 months, what types of breakfast cereals did you usually eat? You may choose more than 1 type.

- ☐ Wheat biscuits or wheat flakes e.g. Weet Bix, Vita Brits, Weeties
- ☐ Cornflakes
- ☐ Bran based cereals e.g. All-Bran, Sultana Bran.
- ☐ Muesli untoasted
- ☐ Muesli toasted
- ☐ Mixed grain cereals e.g. Just Right, Sustain, Light 'n' Tasty, Uncles Toby's Plus varieties.
- ☐ Sugary cereals e.g. Crunchy Nut Cornflakes, Coco Pops, Frosties,
- ☐ Rice based cereals e.g. Rice Bubbles, puffed rice or rice flakes
- ☐ Special K
- ☐ Nutri-Grain

26. Over the last 12 months, how often did you usually eat each of the following foods?

- ☐ Never
- ☐ Less than once per month
- ☐ 1-3 times per month
- ☐ 1 time per week
- ☐ 2 times per week
- ☐ 3-4 times per week
- ☐ 5-6 times Per week



- 1 time per day
- 2 times per day
- 3 or More times per day

Times you have eaten:

#### GRAIN BASED FOODS

- Porridge, in winter
- Porridge, rest of the year
- Breakfast cereal other than porridge, in winter
- Breakfast cereal other than porridge, rest of the year
- Rice
- Pasta or noodles
- Wholemeal crackers or wholemeal dry biscuits
- Crackers or dry biscuits other than wholemeal
- Sweet biscuits
- Cakes or sweet pastries

#### DAIRY FOODS AND FATS

- Margarine on cooked vegetables
- Butter/dairy blend on cooked vegetables
- Oil on cooked vegetables
- Low calorie, low fat salad dressing
- Mayonnaise
- Oil and vinegar salad dressing
- Ricotta or cottage cheese
- All other cheeses
- Cream or sour cream
- Ice-cream
- Yogurt

#### MEAT

*Fresh meat: The following meats are usually bought from the butcher or the butcher section of the supermarket.*

- Beef or veal (not corned or pickled)
- Chicken
- Lamb
- Pork (not corned or pickled)
- Sausages

*Other meat: The following meats are usually bought from a delicatessen or the deli section of the supermarket.*

- Processed meat (e.g. ham, corned beef, prosciutto, salami)
- Bacon

#### FISH AND SEAFOOD

- White fish (e.g. whiting, flathead, blue eye, ling, dory, flake, etc.) - fried
- White fish - steamed, grilled or baked
- Other fish (e.g. tuna, salmon, sardines) - tinned
- Other seafood (e.g. calamari, prawns, oysters)

**FRUIT:**

*Seasonal fresh fruits - for the following fruits please indicate how often you usually ate them fresh when that fruit was in season.*

- Apricots (count 1 handful as 1 time)
- Berries not including strawberries (count 1 handful as 1 time)
- Cherries (count 1 handful as 1 time)
- Figs (count 1 handful as 1 time)
- Plums (count 1 handful as 1 time)
- Mango or paw paw
- Grapes (count 1 handful as 1 time)
- Peaches or nectarines

*Other fresh fruit: The following fruits are generally available year round.*

- Apples
- Bananas
- Orange juice
- Other fruit juice
- Oranges or other citrus fruit
- Pears
- Strawberries (count 1 handful as 1 time)
- Cantaloupe/rockmelon or honeydew
- Watermelon
- Tinned or fresh pineapple
- Kiwi fruit

**Tinned and dried fruit**

- Tinned fruit
- Dried apricots
- Other dried fruit

*Vegetables: For the following vegetables include all fresh, frozen, canned and dried vegetables unless the question asks for specific types.*

- Fresh tomatoes (raw or cooked)
- Canned tomatoes and tomato juice
- Tomato products including puree, paste or pasta sauce
- Iceberg lettuce
- Other lettuce and salad leaves (e.g. rocket, spinach, endive and chicory)
- Asian greens (e.g. bok choy)

- Other cooked leafy vegetables (e.g. spinach, endive and silverbeet)
- Coleslaw
- Brussels sprouts or cooked cabbage
- Cauliflower
- Broccoli
- Sweet potato
- Capsicum
- Potato cooked or served with fat (e.g. roasted, mashed with added butter or cream, sautéed or deep fried, including chips)
- Potato cooked without fat (e.g. steamed, boiled or baked in jacket)
- Asparagus
- Avocado
- Onion or leeks
- Celery
- Cucumber
- Mushrooms
- Pumpkin
- Zucchini or squash
- Eggplant
- Beetroot
- Green beans
- Green peas
- Carrots
- Garlic
- Sweet corn
- Baked beans
- Dried beans, dried peas, chick peas or lentils

#### MISCELLANEOUS FOODS

- Olives
- Pizza
- Pastries with cheese (e.g. quiche and spanakopita)
- Pastries with meat (e.g. meat pies and sausage rolls)
- Tomato sauce or ketchup
- Chocolate or confectionery containing chocolate
- Other confectionery
- Peanuts, peanut butter or peanut paste
- Other nuts
- Corn chips, potato crisps, Twisties etc.
- Jam, marmalade, honey or syrups
- Vegemite, Marmite or Promite

#### TEA AND COFFEE

27. Over the last 12 months, how often did you usually drink each of the following beverages?

- ☐ Never
- ☐ Less than once per month
- ☐ 1-3 cups per month
- ☐ 1 cup per week
- ☐ 2-4 per week
- ☐ 5-6 cups per week
- ☐ 1 cup per day
- ☐ 2-3 cups per day
- ☐ 4-5 cups per day
- ☐ 6+ cups per day

*Times you have drunk*

- Tea
- Herbal tea
- Coffee
- Coffee substitute

## Alcohol

28. How often did you drink any kind of alcoholic drink over the last 12 months?
- ☐ Every day
  - ☐ 5-6 times a week
  - ☐ 3-4 times a week
  - ☐ 1-2 times a week
  - ☐ 2-3 times a month
  - ☐ Once a month
  - ☐ Less than once a month
  - ☐ Never **You have finished**
29. Did you ever drink six or more drinks of any alcoholic beverage or combination of beverages in a single day over the last 12 months?
- ☐ Yes
  - ☐ No

The next questions ask you to describe the types and amounts of alcohol that you usually had on the days when you drank alcohol.

30. How often did you drink beer over the last 12 months?
- ☐ Every day
  - ☐ 5-6 times a week
  - ☐ 3-4 times a week
  - ☐ 1-2 times a week
  - ☐ 2-3 times a month
  - ☐ Once a month
  - ☐ Less than once a month
  - ☐ Never **Go to question 33**
31. On a day when you drank beer, how much did you usually drink?  
Choose only one.
- ☐ 0/day

- More than 11 drinks per day
  - 11/day
  - 10/day
  - 9/day
  - 8/day
  - 7/day
  - 6/day
  - 5/day
  - 4/day
  - 3/day
  - 2/day
  - 1/day
  - Less than 1 drink per day
- Beer in a 285 ml glass
  - Beer in a 425 ml glass
  - Beer in a 375 ml stubby or can

32. How much of the beer you drank over the last 12 months was light beer? Light beer is sometimes called low alcohol beer.

- None or almost none
- Less than half
- About half
- More than half
- All or almost all

33. How often did you drink wine over the last 12 months?

- Every day
- 5-6 times a week
- 3-4 times a week
- 1-2 times a week
- 2-3 times a month
- Once a month
- Less than once a month
- Never **Go to question 36**

34. On a day when you drank wine, how much did you usually drink?

- 0/day
  - More than 11 drinks per day
  - 11/day
  - 10/day
  - 9/day
  - 8/day
  - 7/day
  - 6/day
  - 5/day
  - 4/day
  - 3/day
  - 2.5/day (i.e. a ½ bottle)
  - 2/day
  - 1/day
  - Less than 1 per day
- Wine in a 150 ml glass

35. In the last 12 months, how much of the wine you drank was red wine?

- None or almost none
- Less than half
- About half
- More than half
- All or almost all

36. How often did you drink spirits such as whisky, gin, vodka, brandy, grappa, or rum either on their own or as mixed drinks over the last 12 months? .

- Every day
- 5-6 times a week
- 3-4 times a week
- 1-2 times a week
- 2-3 times a month
- Once a month
- Less than once a month
- Never **You have finished**

37. On a day when you drank spirits, how much did you usually drink?  
Choose only one.

- 0/day
  - More than 11 drinks per day
  - 11/day
  - 10/day
  - 9/day
  - 8/day
  - 7/day
  - 6/day
  - 5/day
  - 4/day
  - 3/day
  - 2/day
  - 1/day
  - Less than 1 drink per day
- A nip of straight spirits
  - A nip of straight spirits mixed with soft drink
  - Mixed spirits in a 275 ml bottle
  - Mixed spirits in a 375 ml can

Thank you for taking the time to complete this questionnaire.