

5. Do you usually take sugar in:

- (a) tea
 - (b) coffee
- DO NOT DRINK TEA/COFFEE

YES	NO

6. At table do you:

- generally add salt to food without tasting first
- taste food and then generally add salt
- taste food but only occasionally add salt
- rarely or never add salt at table

YES	NO

7. Which type of breakfast cereal do you normally eat?

- high fibre (eg All Bran, Branflakes, Shredded Wheat, Muesli, Porridge, Weetabix
- other (eg Cornflakes, Rice Krispies, Special K, Sugar Puffs, Honey Snacks
- no usual type
- do not eat breakfast cereal

8. How often do you eat these foods

	6+ times per day	4-5 times per day	2-3 times per day	once per day	5-6 times per week	2-4 times per week	once per week	1-3 times per month	Less than once per month
Breakfast cereal									
Fresh fruit									
Cooked green vegetables (fresh or frozen)									
Cooked root vegetables (fresh or frozen)									
Raw vegetables or salad (including tomatoes)									
Chips									
Potatoes, pasta, rice									
Meat									
Meat products									
Poultry									
White fish									
Oil rich fish									
Cheese									
Beans or pulses									
Sweets, chocolates									
Ice cream									
Crisps, savoury snacks									
Fruit juice (NOT squash)									
Soft/fizzy drinks									
Cakes, scones, sweet pies or pastries									
biscuits									

9. In summary:

(a) how many times do you eat fruit and vegetables or pure fruit juice

per day OR per week OR per month

(b) how many times do you eat oil rich fish

per day OR per week OR per month

(c) how many times do you eat sweets, chocolates, cakes, scones, sweet pies, pastries or biscuits

per day OR per week OR per month