

The following questions ask about some foods & drinks you might have during a 'typical' week, over the past month or so. Do not be concerned if some things you eat or drink are not mentioned.

Please tick how often you eat at least ONE portion of the following foods & drinks: (a portion includes: a handful of grapes, an orange, a serving of carrots, a side salad, a slice of bread, a glass of pop).

(Please only put one tick, but answer **EVERY** line)

1. Carbohydrates

| | | Rarely or never | Less than 1 a week | Once a week | 2-3 times a week | 4-6 times a week | 1-2 times a day | 3-4 times a day | 5+ a day |
|------|---|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| 1.1 | Fruit - fresh and frozen | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 1.2 | Fruit - tinned in syrup, dried | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 1.3 | Fruit juice (not cordial or squash) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 1.4 | Salad (not garnish added to sandwiches) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 1.5 | Vegetables (tinned/frozen/fresh but not potatoes) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 1.6 | Chips/fried potatoes | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 1.7 | Potatoes, boiled, steamed, 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"/> |
| 1.8 | Beans or pulses like baked beans, chick peas, dahl | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 1.9 | White bread, rolls | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 1.10 | Brown bread, rolls | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 1.11 | Fibre-rich breakfast cereal, like Weetabix, Fruit 'n' Fibre, Porridge, 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"/> |

| | | Rarely or never | Less than 1 a week | Once a week | 2-3 times a week | 4-6 times a week | 1-2 times a day | 3-4 times a day | 5+ a day |
|------|--|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| 1.12 | Breakfast Cereals (cornflakes, rice krispies) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 1.13 | White rice, white 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"/> |
| 1.14 | Brown rice, brown 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"/> |
| 1.15 | Fizzy soft drinks e.g. coca cola, lemonade | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 1.16 | Low calorie or diet fizzy drinks, or squash, or cordial | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 1.17 | Sweet biscuits, cakes, chocolate, sweets | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 1.18 | Ice cream/choc ice | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 1.19 | Sugar added to tea/coffee/cereal (teaspoon) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 1.20 | Crisps / savoury snacks | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 1.21 | Tea (cup) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 1.22 | Coffee, instant or ground (cup) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 1.23 | Coffee drink, made with flavoured syrups, e.g hazelnut latte, frappuccino, mocha | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 1.24 | Cocoa, hot chocolate (cup) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

2. Protein

| | | Rarely or never | Less than 1 a week | Once a week | 2-3 times a week | 4-6 times a week | 7+ times a week |
|------------------------------|--|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Whole meats: | | | | | | | |
| 2.1 | Beef, Lamb, Pork, Ham - steaks, roasts, joints, mince or chops | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2.2 | Chicken or Turkey – steaks, roasts, joints, mince or portions (not in batter or breadcrumbs) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Processed meats/meat: | | | | | | | |
| 2.3 | Sausages, bacon, corned beef, meat pies/pasties, burgers | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2.4 | Chicken or Turkey - nuggets/twizzlers, turkey burgers, chicken pies, or in batter or breadcrumbs | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Fish: | | | | | | | |
| 2.5 | White fish in batter or breadcrumbs – like 'fish 'n' chips' | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2.6 | White fish not in batter or breadcrumbs | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2.7 | Oily fish – like herrings, sardines, salmon, trout, mackerel, fresh tuna (not tinned tuna) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

3. Fat

| | | Rarely or never | Less than 1 a week | Once a week | 2-3 times a week | 4-6 times a week | 7+ times a week |
|------------------------|---|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Dairy Products: | | | | | | | |
| 3.1 | Low fat yoghurt, fromage frais, flavoured yoghurt (125g carton) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3.2 | Full fat, Greek yoghurt, or natural yoghurt (125g carton) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3.3 | Cheese, e.g. cheddar, brie, edam (medium serving) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3.4 | Cottage cheese, low fat soft cheese (medium serving) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

| | | Rarely or never | Less than 1 a week | Once a week | 2-3 times a week | 4-6 times a week | 7+ times a week |
|-----------------|--|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Spreads: | | | | | | | |
| 3.5 | Butter (teaspoon) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3.6 | Block margarine e.g. stork (teaspoon) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3.7 | Polyunsaturated margarine (tub) eg Flora, Dairygold, sunflower spread (teaspoon) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3.8 | Other soft margarine, dairy spreads (tub) e.g Low Low, Connaught Gold (teaspoon) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3.9 | Salad cream/mayonnaise | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

4. Are there any other foods which you ate more than once a week?

Yes No (If yes, please list below)

| Food | Usual Serving | No of times eaten each week |
|------|---------------|-----------------------------|
| | | |
| | | |
| | | |

5. On average, how many portions of FRUIT do you eat a day?

(examples include: a handful of grapes, an orange, a handful of dried fruits)

6. On average, how many portions of VEGETABLES do you eat a day?

(examples include: 3 heaped tablespoons of carrots, a side salad, 2 spears of broccoli)

7. What milk do you usually use or drink, such as in hot & cold drinks or on cereal?

(including tea, coffee, hot milk, milk shakes, or on cereal)

| | | | |
|------------------------|--------------------------|-----------------------|--------------------------|
| Whole/ Full-fat milk | <input type="checkbox"/> | Semi-skimmed milk | <input type="checkbox"/> |
| Skimmed milk | <input type="checkbox"/> | Rarely/never use milk | <input type="checkbox"/> |
| Other (please specify) | | | |

8. How often did you eat takeaway foods such as pizza/curries/fish and chips?

| | | | |
|------------------|--------------------------|-----------------------|--------------------------|
| Daily | <input type="checkbox"/> | 1-3 times a week | <input type="checkbox"/> |
| 4-6 times a week | <input type="checkbox"/> | Less than once a week | <input type="checkbox"/> |
| Never | <input type="checkbox"/> | | |

9. What type of fat did you most often use for frying, roasting, grilling etc?

| | | | |
|--|--------------------------|------------------------------------|--------------------------|
| Butter | <input type="checkbox"/> | Lard/dripping | <input type="checkbox"/> |
| Vegetable oil please specify, e.g. corn, sunflower | <input type="checkbox"/> | Solid vegetable fat (cisco, stork) | <input type="checkbox"/> |
| Margarine | <input type="checkbox"/> | None | <input type="checkbox"/> |

10. How often did you eat food that was fried at home?

| | | | |
|------------------|--------------------------|-----------------------|--------------------------|
| Daily | <input type="checkbox"/> | 1-3 times a week | <input type="checkbox"/> |
| 4-6 times a week | <input type="checkbox"/> | Less than once a week | <input type="checkbox"/> |
| Never | <input type="checkbox"/> | | |

11. On average, how much alcohol do you drink over a complete seven day week?

One standard drink is 10g of alcohol, which equals 1 small glass of wine (100ml of 12.5%ABV), half a pint of beer, lager, or stout (284ml), a pub measure of spirits (35.5ml).
See photos for guide

| | | | |
|--------------------------------------|--------------------------|------------------------------|--------------------------|
| I rarely/never drink alcohol | <input type="checkbox"/> | Less than 11 standard drinks | <input type="checkbox"/> |
| Between 11 and 17 standard drinks | <input type="checkbox"/> | More than 17 standard drinks | <input type="checkbox"/> |

Thank you

Courtesy of Drink Aware

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