



**SLÁN-06 - FOOD FREQUENCY QUESTIONNAIRE**

Cluster Number:

Respondent Number:

**YOUR DIET OVER THE PAST YEAR**

For each food there is an amount shown, either what we think is a “medium serving” or a common household unit such as a slice or teaspoon. Please put a tick in the box to indicate how often, **on average**, you have eaten the specified amount of each food, to the nearest whole number **during the past year i.e. from when you receive this questionnaire to the same month the previous year.**

Please estimate your average food use as best you can. Please answer every question, do not leave ANY lines blank.

**EXAMPLES:**

The following are examples on how to estimate how often and how much bread and potatoes you ate over the past year. Please estimate your food intake for all foodstuffs in the same way.

Potatoes: If you ate a medium serving of potatoes 3 times per week over the past year put a tick in the box “2-4 per week”. If you think you usually ate more or less than a medium serving please try to estimate which box suits best.

	AVERAGE USE LAST YEAR								
	Never or less than once per month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day
Potatoes, Rice and Pasta (medium serving)									
Boiled, instant or jacket potatoes				√					

For white bread a medium serving is one medium sized slice. Therefore if you usually ate 1 medium slice 4 or 5 times per day, you should put a tick in the column headed “4-5 per day”. If you ate 2 medium slices 4 or 5 times per day, then you should put a tick in the column “6+ per day”.

	AVERAGE USE LAST YEAR								
	Never or less than once per month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day
BREAD AND SAVOURY BISCUITS (One slice or one biscuit)									
White bread and rolls (including ciabatta and pannini bread)								√	

**Please check that you put a tick (√) on every line**

**When you have completed the Questionnaire, please return it to the interviewer or return it to the ESRI in the reply-paid envelope.**

A. MEAT, FISH AND POULTRY (Medium serving – the size of a deck of cards)	AVERAGE USE LAST YEAR								
	Never or less than once per month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day
1. Beef roast									
2. Beef: steak									
3. Beef: mince									
4. Beef: stew									
5. Beef burger (1 burger)									
6. Pork: roast									
7. Pork: chops									
8. Pork: slices/escalopes									
9. Lamb: roast									
10. Lamb: chops									
11. Lamb: stew									
12. Chicken portion or other poultry e.g. turkey: roast									
13. Breaded chicken, chicken nuggets, chicken burger									
14. Bacon									
15. Ham									
16. Corned beef, Spam, Luncheon meats									
17. Sausages, Frankfurters (1 sausage)									
18. Savoury pies (e.g. meat pie, pork pie, steak & kidney pie, sausage rolls)									
19. Liver, heart, kidney									
20. Liver paté									
21. Fish fried in batter, as in fish and chips									
22. Fish fried in breadcrumbs									
23. Oven baked/grilled fish (in breadcrumbs or batter)									
24. Fish fingers/fish cakes									
25. Other white fish, fresh or frozen (e.g. cod, haddock, plaice, sole, halibut, coli)									
26. Oily fish, fresh or canned (e.g. mackerel, kippers, tuna, salmon, sardines, herring)									
27. Shellfish (e.g. crab, prawns, mussels)									

	AVERAGE USE LAST YEAR								
B. BREAD AND SAVOURY BISCUITS (One slice or one biscuit)	Never or less than once per month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day
1. White bread and rolls (including ciabatta and pannini bread)									
2. Brown bread and rolls									
3. Wholemeal bread and rolls									
4. Cream crackers, cheese biscuits									
5. Crisp bread, e.g. Ryvita									
6. Pancakes, muffins, oatcakes									

	AVERAGE USE LAST YEAR								
C. CEREALS (One medium sized bowl)	Never or less than once per month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day
1. Porridge, Readybrek									
2. All Bran, Weetabix, Shredded Wheat									
3. Branflakes, Bran Buds									
4. Cornflakes, Rice Krispies									
5. Muesli (e.g. Country Store, Alpen, sugar coated )									
6. Sugar Coated Cereals (e.g. Frosties, Crunchy Nut Cornflakes, Crunchy Sugar Coated Muesli)									

	AVERAGE USE LAST YEAR								
D. POTATOES, RICE AND PASTA (Medium serving – about a cupful)	Never or less than once per month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day
1. Boiled, instant or jacket potatoes									
2. Mashed potatoes									
3. Chips									
4. Roast potatoes									
5. Potato Salad									
6. White Rice									
7. Brown Rice									
8. White/yellow or green pastas (e.g. spaghetti, macaroni, noodles)									
9. Wholemeal pasta									
10. Lasagne (meat based)									
11. Lasagne (vegetarian)									
12. Moussaka									
13. Pizza									
14. Macaroni Cheese									

E. DAIRY PRODUCTS AND FATS	AVERAGE USE LAST YEAR								
	Never or less than once per month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day
1. Cream (tablespoon)									
2. Full-fat yoghurt or Greek-style Yoghurt (125g carton)									
3. Dairy desserts (125g carton)									
4. Cheddar cheese (medium serving)									
5. Low-fat cheddar cheese (medium serving)									
6. Eggs as boiled, fried, scrambled, poached (one)									
7. Quiche (medium serving)									
8. Light salad cream or light mayonnaise (tablespoon)									
9. Salad cream, mayonnaise (tablespoon)									
10. French dressing (tablespoon)									
11. Other salad dressing (tablespoon)									
12. The following on bread or vegetables									
13. Butter (teaspoon)									
14. Lite Butter e.g. Dawn Lite, Connacht Gold (teaspoon)									
15. Sunflower margarine e.g. Flora (teaspoon)									
16. Low-fat margarine (e.g. low-low)									
17. Cholesterol Lowering Spreads e.g. Flora Pro Active, Dairy Gold Heart (teaspoon)									
18. Cream & Vegetable Oil spread e.g. Golden Pasture, Kerrymaid, Dairy Gold – teaspoon									
19. Olive oil spread e.g. Golden Olive (teaspoon)									

	AVERAGE USE LAST YEAR								
F. FRUIT (1 Fruit or medium serving)	Never or less than once per month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day
1. Apples									
2. Pears									
3. Oranges, satsumas, mandarins									
4. Grapefruit									
5. Bananas									
6. Grapes									
7. Melon									
8. Peaches, plums									
9. Apricots									
10. Strawberries, raspberries, kiwi fruit									
11. Tinned fruit									
12. Dried fruit e.g. raisins									
13. Frozen fruit									

	AVERAGE USE LAST YEAR								
G. VEGETABLES Fresh, frozen or tinned (Medium Serving – 2 tablespoons)	Never or less than once per month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day
1. Carrots									
2. Spinach									
3. Broccoli, spring greens, kale									
4. Brussel sprouts									
5. Cabbage									
6. Peas									
7. Green beans, broad beans, runner beans									
8. Courgettes									
9. Cauliflower									
10. Parsnips, turnips									
11. Leeks									
12. Onions									
13. Garlic									
14. Mushrooms									
15. Sweet peppers									
16. Beansprouts									
17. Green salad, lettuce									
18. Cucumber, celery									
19. Tomatoes									
20. Sweetcorn									
21. Beetroot									
22. Coleslaw									
23. Baked beans									
24. Dried lentils, beans, peas									
25. Tofu, soya meat, TVP, vegeburger									

H. SWEETS AND SNACKS (Medium serving)	AVERAGE USE LAST YEAR								
	Never or less than once per month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day
1. Chocolate coated sweet biscuits e.g. digestive (one)									
2. Plain sweet biscuits e.g. Marietta, digestives, rich tea (one)									
3. Cakes e.g. fruit, sponge									
4. Buns, pastries e.g. croissants, doughnuts									
5. Fruit pies, tarts, crumbles									
6. Sponge puddings									
7. Milk puddings e.g. rice, custard, trifle									
8. Ice cream, choc ices, Frozen desserts									
9. Chocolates, singles or squares									
10. Sweets, toffees, mints									
11. Sugar added to tea coffee, cereal (teaspoon)									
12. Sugar substitute e.g. canderel added to tea coffee, cereal (teaspoon)									
13. Crisps or other packet snacks									
14. Peanuts or other nuts									

I. SOUPS, SAUCES AND SPREADS	AVERAGE USE LAST YEAR								
	Never or less than once per month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day
1. Vegetable soups: homemade/fresh (1 bowl)									
2. Vegetable soups: tinned/packet (1 bowl)									
3. Meat or cream soups: homemade/fresh (1 Bowl)									
4. Meat or cream soups: tinned/packet (1 bowl)									
5. Sauces e.g. white sauce, cheese sauce, gravy (tablespoon)									
6. Tomato based sauces e.g. pasta sauces									
7. Curry-type sauces									
8. Pickles, chutney (tablespoon)									
9. Marmite, Bovril (tablespoon)									
10. Jam, marmalade, honey, syrup (teaspoon)									
11. Peanut butter (teaspoon)									

J. DRINKS	AVERAGE USE LAST YEAR								
	Never or less than once per month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day
1. Tea (cup)									
2. Coffee instant (cup)									
3. Coffee ground (cup)									
4. Coffee, decaffeinated (cup)									
5. Coffee whitener e.g. coffee-mate (teaspoon)									
6. Cocoa, Hot Chocolate (cup)									
7. Horlicks, Ovaltine (cup)									
8. Wine (glass)									
9. Beer, Lager or Cider (half pint)									
10. Alcopops e.g. Bacardi Breezer									
11. (bottle)									
12. Port, Sherry, Vermouth, liqueurs (glass)									
13. Spirits e.g. Gin, Whiskey (single measure)									
14. Low calorie or diet soft fizzy (glass)									
15. Fizzy Soft drinks e.g. Cocoa Cola (glass)									
16. Pure fruit drinks e.g. orange juice (small glass)									
17. Fruit squash (small glass)									