

Questions on Diet

Thank you for agreeing to answer these questions about your diet.

It will take about 10-15 minutes to complete.

We are asking what you ate and drank **yesterday**. By yesterday, we mean the time period from Sunday 5 April 00:00 (12:00am) to 23:59 (11:59pm). Yesterday may not have been a typical day for you. That does not matter.

We recommend reading the [Brief User Guide](#) below before proceeding. Please click the button found at the end of the guide when you are ready to begin.

Thank you for taking the time and trouble to answer these questions.

Professor Rory Collins
UK Biobank Principal Investigator

Brief User Guide

You may find it helpful to spend a couple of minutes thinking about what you ate and drank yesterday before you start.

The foods you ate may not match the items on our list exactly. Please choose a food or a combination of foods that most closely resembles what you had. Sometimes an *Other* option is available but we would prefer you to pick something else where possible.

Please don't record the same food item more than once. For example, if you had one jaffa cake, please do not record it as one chocolate covered biscuit and then again as one slice of cake as this would seem like you had two jaffa cakes instead of one.

It is not essential to answer *No/None* to all the foods you didn't eat within a particular group of foods. Only key questions need answering and if they are overlooked, a pop-up box will appear to alert you.

Additional help with a question will be revealed by clicking on the *Show Help* link to the right of the question.

Click [here](#) if you would like to read more or press the *Proceed* button to begin.

Proceed



What did you have to eat yesterday?

Are you happy with the size of the lettering?

If you would like to change it, please click on the choices below before proceeding:

A [Small](#)

A [Medium](#)

A [Large](#)

A [Even larger](#)

Detailed User Guide

We have tried to make this questionnaire as easy as possible to complete. We hope you find this a straightforward and rewarding experience.

Option Buttons

Many options appear as little round buttons () so that you can see all the choices at once.

Our option buttons are designed to respond to the area around them.

Please give this question a go: No Yes

You do not need to click directly on the option button, instead just click on the word 'No' or 'Yes' to get the same effect.

In grids with many choices (see example below), you can click anywhere in the box surrounding the option button to select it. When selected, the background colour of the box changes. Have a go below:

Cereal	Amount	None	½	1	2+
Bran cereal (e.g. Bran Flakes, All Bran)	Bowl	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Porridge, hot oat cereal (e.g. Ready Brek)	Bowl	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Muesli, oat clusters, crunchy oat cereal	Bowl	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cornflakes, Rice Krispies	Bowl	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Extra Help

If you are unsure about how to answer a question or would like tips on portion sizes, there is usually a help section to assist you. Press the Show Help link below to reveal it:

Please give this question a go: No Yes [Show Help](#)

Answering Questions

To ensure nothing is accidentally overlooked, we ask that you answer all of the main No/Yes questions (these questions appear in their own shaded box such as the 'Please give this question a go' box above).

However, we do not expect you to select 'None' or 'No' for every item in grids with lots of options (such as the cereal selection above).

For example, if you had eaten 1 bowl of porridge, you could either:

- answer every question by selecting 'None' for the cereals you didn't eat and '1' for porridge, or
- only answer the porridge item.

Some people prefer to answer every item as they go, others prefer to only select the options that apply to them. It is up to you how you would like to answer.

Rest assured, if you miss a required question then you will be alerted by a pop-up box.

Since we are asking about foods rather than meals, some dishes will need to be recorded in parts. E.g. spaghetti bolognese would need to be saved as pasta, beef, tomato-based sauce (plus mushrooms or vegetable pieces if there were vegetables present).

Progress

At the bottom of the page there will be a series of boxes reflecting your progress through the questionnaire,

such as:



Each box represents a page in the questionnaire. Solid boxes (■) show pages that you have seen and outline boxes (□) represent later pages.

Moving Around

At the end of the questionnaire you will see a summary page to check over your answers. If you would like to change anything, there are links to help you jump to the correct section. To remove an item from the summary, the quantity/answer should be set to None/No.

Each page of answers will be saved if you use any of these three buttons:

- | | |
|---|---|
| <input type="button" value="Next >>"/> | Proceeds to the next page. The page must be fully completed to move on. |
| <input type="button" value=" << Back"/> | Returns to a previous page. The current page must either be completely blank or completely answered because a semi-completed page will display messages alerting you to missed questions. |
| <input type="button" value="Summary"/> | This button takes you to the summary page (only visible once the summary has been reached). |

In Summary

- Not every question in a large grid needs to be answered.
- If you miss a required question, a pop-up box will appear.
- The area around an option button is active/clickable.
- You can only move to a different page if it is fully completed.
- Additional help with a question will be revealed by clicking on the Show Help link to the right of the question. Clicking the link again will conceal it.

Compared to other people:

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	Smaller	Average	Larger
How would you describe your serving size?	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

Would you say that what you ate and drank yesterday was fairly typical for you?

No Yes

N.B. Your questionnaire answers are just as important to us if your day was not typical.

Reason for not eating or drinking normally	No	Yes
Were you ill?	<input checked="" type="radio"/>	<input type="radio"/>
Were you fasting?	<input type="radio"/>	<input checked="" type="radio"/>
Were you away from home or your place of work?	<input checked="" type="radio"/>	<input type="radio"/>
Other reasons	<input type="radio"/>	<input checked="" type="radio"/>
--- Please briefly describe: <input type="text" value="Very busy but no time for meals"/>		

Do you routinely follow a special diet?

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Diet	No	Yes
Gluten free or wheat free diet	<input type="radio"/>	<input checked="" type="radio"/>
Diet for lactose intolerance	<input type="radio"/>	<input checked="" type="radio"/>
Low calorie / weight controlled diet	<input checked="" type="radio"/>	<input type="radio"/>
Vegetarian diet (no meat, no poultry and no fish)	<input type="radio"/>	<input checked="" type="radio"/>
Vegan diet	<input checked="" type="radio"/>	<input type="radio"/>
Other special diet	<input type="radio"/>	<input checked="" type="radio"/>
--- Please briefly describe: <input type="text" value="Vegetarian but eats fish"/>		

Please answer any questions about bread and pasta as though they are gluten free / wheat free bread and pasta.

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How much of the following did you drink yesterday?

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Drink	Amount	None	½	1	2	3	4	5	6+
Water (e.g. still, fizzy, tap)	Glass/Beaker	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Low calorie or diet drinks (e.g. fizzy, squash)	Glass/Can	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Carbonated (fizzy) drinks	Glass/Can	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fruit drinks, J20, squash or cordial	Glass/Carton /250ml	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pure orange juice	Glass/Carton /250ml	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pure grapefruit juice	Glass/Carton /250ml	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other pure fruit / vegetable juice	Glass/Carton /250ml	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fruit smoothie	Glass/Bottle /250ml	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dairy/yogurt based smoothie	Glass/Bottle /250ml	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Did you drink any coffee yesterday? No Yes

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Drink	Amount	None	½	1	2	3	4	5	6+
Instant	Mug/Cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Filter/Americano/Cafetière	Mug/Cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Cappuccino	Mug/Cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Latte	Mug/Cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Espresso	Cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other coffee drinks	Mug/Cup	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

--- Please briefly describe:

Frappuccino

Milk/Cream/Whitener

No

Yes

Varied

Did you add milk, cream or whitener (e.g. Coffee-mate) to:

- your instant coffee?

- your filter/americano/cafétière coffee?

- your espresso?

- your other type of coffee?

Decaffeinated		No	Yes	Varied			
Was it decaffeinated coffee?		<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>			
Sugar & Sweetener	Amount	None	½	1	2	3+	Varied
How much sugar did you add to your coffee (per drink)?	Teaspoon	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How much sweetener (e.g. Canderel) did you add (per drink)?	Teaspoon / tablet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>

Did you drink any tea / infusion yesterday? No Yes [| Show Help |](#)

Drink	Amount	None	1	2	3	4	5	6+
Standard tea (e.g. Tetley, PG Tips, Assam, Darjeeling)	Mug/Cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Rooibos / Redbush tea (e.g. Tick Tock)	Mug/Cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Green tea	Mug/Cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Herbal or fruit tea (infusion)	Mug/Cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other tea or infusion	Mug/Cup	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
--- Please briefly describe:		<input type="text" value="Oolong"/>						

Standard Tea	No	Yes	Varied
Did you add milk to your standard tea?	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Was your standard tea decaffeinated?	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>

Rooibos / Redbush Tea	No	Yes	Varied
Did you add milk to your rooibos/redbush tea?	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

Sugar / Sweetener	Amount	None	½	1	2	3+	Varied
How much sugar did you add to your tea / infusion (per drink)?	Teaspoon	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How much sweetener (e.g. Canderel) did you add (per drink)?	Teaspoon / tablet	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Did you have any other (non-alcoholic) drinks yesterday? No Yes [| Show Help |](#)
E.g. milk, yogurt drinks or hot chocolate.

Drink	Amount	None	½	1	2	3	4	5	6+
Milk (excluding milkshakes)	Glass/Carton /250ml	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Yogurt drinks, flavoured milk or milkshakes	Glass/Carton /250ml	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Low calorie hot chocolate drinks	Mug/Cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hot chocolate or other milk-based drinks (including Horlicks)	Mug/Cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Other drinks

Glass/Mug/Cup

--- Please briefly describe:

Dandelion coffee



Did you have any alcoholic drinks yesterday?

No

Yes

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For instance, beer, wine or spirits.

Drink	Amount	None	1/2	1	2	3	4	5	6+
Red wine	Wine glass	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
<input type="checkbox"/> Small glass (125ml) <input checked="" type="checkbox"/> Medium glass (175ml) <input type="checkbox"/> Large glass (250ml)									
Rosé wine (include sparkling)	Wine glass	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
<input type="checkbox"/> Small glass (125ml) <input type="checkbox"/> Medium glass (175ml) <input checked="" type="checkbox"/> Large glass (250ml)									
White wine (include sparkling)	Wine glass	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="checkbox"/> Small glass (125ml) <input type="checkbox"/> Medium glass (175ml) <input type="checkbox"/> Large glass (250ml)									
Beer, lager or cider	Pint	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sherry, fortified wine or port	Sherry/port glass	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spirits e.g. vodka, whisky, gin, rum	Measure	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other alcoholic drinks	Units	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
--- Please briefly describe:	Punch								

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Did you eat any breakfast cereal yesterday? No Yes

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This could be at any time of the day. Please include hot cereals, but not cereal bars.

Cereal	Amount	None	½	1	2+
Porridge, hot oat cereal (e.g. Ready Brek)	Bowl	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
<input type="checkbox"/> Made with water					
<input checked="" type="checkbox"/> Made with milk					
Muesli	Bowl	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Sweetened oat crunch type cereal (e.g. Jordans Country Crisp, chocolate nut clusters)	Bowl	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other sweetened cereals (e.g. Ricicles, Honey Nut Cornflakes, Coco Pops)	Bowl	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Plain cereals (e.g. Cornflakes, Rice Krispies, Special K)	Bowl	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bran cereals (e.g. bran flakes, All Bran)	Bowl	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Wholewheat cereals (e.g. Weetabix, Shredded Wheat, Shreddies)	Bowl	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Other cereal	Bowl	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
--- Please briefly describe: <input type="text" value="Oatibix"/>					

	No	Yes	Varied
Did your cereal contain any dried fruit? (e.g. Sultana Bran, Fruit 'n' Fibre)	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Did you add milk to your cereal?	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

	Amount	None	½	1	2	3+	Varied
How much sugar, jam, honey or syrup did you add to your cereal or porridge (per bowl)?	Teaspoon	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How much sweetener (e.g. Canderel) did you add to your cereal or porridge (per bowl)?	Teaspoon	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Which type of milk did you use most frequently yesterday?

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Remember milk in drinks, on cereal and in cooking.

Type of milk

- I did not have any type of milk or milk substitute yesterday.
- Semi-skimmed cow's milk
- Skimmed cow's milk
- Whole (full cream) cow's milk
- Cholesterol lowering milk e.g. Flora pro.active
- Soya milk with added calcium
- Soya milk without added calcium
- Goat's or sheep's milk
- Rice, oat milk or other vegetable milk e.g. Rice Dream, Plamil
- Powdered milk
- I do not know which type of milk I used the most
- Other type of milk

--- Please briefly describe:

Jersey milk (Gold top)

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Did you eat any bread or crackers yesterday? No Yes

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E.g. toast, sandwiches, rice cakes, bread rolls, hotdog roll, crumpets, tortilla wraps.


Bread	Amount	None	½	1	2	3	4	5	6+
 Sliced bread	Slice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Flour type:									
<input checked="" type="checkbox"/> White									
<input type="checkbox"/> Granary, brown, mixed flours/grains, white with extras (e.g. Best of Both, 50/50)									
<input type="checkbox"/> Wholemeal									
<input type="checkbox"/> Other - please describe: <input type="text"/>									
Extras:									
<input checked="" type="checkbox"/> Seeded (inside and/or on top)									






Bread	Amount	None	½	1	2	3	4	5	6+
 Sandwich baguette, ciabatta, panini, or sub	Bread item	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Flour type:									
<input type="checkbox"/> White									
<input checked="" type="checkbox"/> Granary, brown, mixed flours/grains, white with extras (e.g. Best of Both, 50/50)									
<input type="checkbox"/> Wholemeal									
<input type="checkbox"/> Other - please describe: <input type="text"/>									
Extras:									
<input type="checkbox"/> Seeded (inside and/or on top)									

Bread	Amount	None	½	1	2	3	4	5	6+
 Large sandwich bap, stotty, pitta bread	Bread item	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Flour type:									
<input type="checkbox"/> White									
<input type="checkbox"/> Granary, brown, mixed flours/grains, white with extras (e.g. Best of Both, 50/50)									
<input checked="" type="checkbox"/> Wholemeal									
<input type="checkbox"/> Other - please describe: <input type="text"/>									
Extras:									

Seeded (inside and/or on top)



Bread		Amount	None	1/2	1	2	3	4	5	6+
	Bread roll, bap, burger bun, hotdog roll, bagel	Bread item	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>Flour type:</u>										
<input type="checkbox"/> White										
<input type="checkbox"/> Granary, brown, mixed flours/grains, white with extras (e.g. Best of Both, 50/50)										
<input type="checkbox"/> Wholemeal										
<input checked="" type="checkbox"/> Other - please describe: <input type="text" value="Rye"/>										
<u>Extras:</u>										
<input type="checkbox"/> Seeded (inside and/or on top)										

Other bread and crackers		Amount	None	1/2	1	2	3	4	5	6+
	Naan bread	Bread item	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Garlic bread	Slice	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Crackers, crispbread, rice cakes, corn cakes (e.g. Ryvita)	Biscuit / Item	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Oat cakes	Biscuit	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Other bread (e.g. crumpets, tortilla wraps, breadsticks)	Slice / Item	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
--- Please briefly describe:		<input type="text" value="Crumpets"/>								

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Did you have any butter or margarine on your bread or crackers?

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No Yes

Butter / Margarine on Bread		Amount	None	½	1	2	3	4	5	6+
	Sliced bread total: 6+ How many had butter/margarine?	Slice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
<input type="checkbox"/> Thickly spread <input type="checkbox"/> Medium <input checked="" type="checkbox"/> Thinly spread										
	Baguette, ciabatta, panini, sub total: 5 How many had butter/margarine?	Bread item	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
<input type="checkbox"/> Thickly spread <input checked="" type="checkbox"/> Medium <input type="checkbox"/> Thinly spread										
	Large sandwich bap, stotty, pitta bread total: 4 How many had butter/margarine?	Bread item	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="checkbox"/> Thickly spread <input type="checkbox"/> Medium <input checked="" type="checkbox"/> Thinly spread										
	Bread roll, bap, burger bun, hotdog roll, bagel total: 3 How many had butter/margarine?	Bread item	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="checkbox"/> Thickly spread <input type="checkbox"/> Medium <input checked="" type="checkbox"/> Thinly spread										
	Crackers, crispbread, rice cakes, corn cakes total: ½ How many had butter/margarine?	Biscuit/Item	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="checkbox"/> Thickly spread <input type="checkbox"/> Medium <input type="checkbox"/> Thinly spread										
	Oat cakes total: 1 How many had butter/margarine?	Biscuit	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="checkbox"/> Thickly spread <input type="checkbox"/> Medium <input type="checkbox"/> Thinly spread										

Thickly spread

Medium

Thinly spread



Other bread total: 2
How many had
butter/margarine?

Slice/
Item

Thickly spread

Medium

Thinly spread

Which butter/margarine did you use?

No Yes

Butter

Spreadable

Low fat

Normal fat

Don't know

Olive based spread (e.g. Bertolli)

Very low fat

Low fat

Normal fat

Cholesterol lowering (e.g. Benecol, Flora pro.active)

Don't know

Polyunsaturated margarine (e.g. Flora)

Very low fat

Low fat

Normal fat

Cholesterol lowering (e.g. Benecol, Flora pro.active)

Don't know

Dairy spread (e.g. Clover)

Very low fat

Low fat

Normal fat

Cholesterol lowering (e.g. Benecol, Flora pro.active)

Don't know

Soya margarine, vegan margarine or other milk free margarine (e.g. Pure)



- Very low fat
- Low fat
- Normal fat
- Cholesterol lowering (e.g. Benecol, Flora pro.active)**
- Don't know

Unknown/other soft margarine



- Very low fat
- Low fat
- Normal fat
- Cholesterol lowering (e.g. Benecol, Flora pro.active)
- Don't know**

Hard margarine (in wrapper, not tub)



Other (e.g. ghee, dripping)



--- Please describe briefly:

Ghee

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Did you have any of these yesterday?

[| Show Help |](#)

N.B. Fillings and toppings should be recorded later.

Item	Amount	None	½	1	2	3	4+
Double crust pie (e.g. slice of a large pie, a whole small pie or pasty)	Slice / Item	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Single crust pie/flan (pastry base or pastry top, e.g. quiche)	Slice / Item	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Crumble topping (e.g. fruit crumble, vegetable crumble)	Serving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pizza	Medium slice	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pancake, crêpe	Pancake	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scotch pancake, blini, American style pancake	Pancake	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Yorkshire pudding	Muffin-sized pudding / serving	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pakora, onion bhaji, samosa	Item	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Croissant	Pastry	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Danish pastry	Pastry	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Scone (plain, fruit, cheese), cobbler	Scone	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>

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Did you eat any yogurt or ice-cream yesterday? No Yes

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Food	Amount	None	½	1	2	3+
Yogurt (plain or flavoured)	Serving / Individual pot	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
<input type="checkbox"/> Low fat yogurt						
<input checked="" type="checkbox"/> Full fat yogurt						
Ice-cream (including individual ice-creams such as choc-ice, cornets)	Serving / Individual ice cream	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

Did you eat any cakes, puddings or other desserts yesterday? No Yes

[| Show Help |](#)

Also includes custard, cheesecake, rice pudding, sponge pudding etc.

Dessert	Amount	None	½	1	2	3+
Custard, rice pudding, semolina pudding, blancmange	Serving / Individual pot	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Other milk based desserts (e.g. mousse, tiramisu, crème caramel)	Serving / Individual pot	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
--- Please briefly describe: <input type="text" value="Chocolate mousse"/>						
Soya ice cream, soya yogurt, other soya dessert	Serving / Individual pot	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fruit cake	Slice	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cake, muffin, flapjack, brownie, pecan pie	Slice/Item	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Doughnuts	Item	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Sponge pudding	Serving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Cheesecake	Serving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Other dessert	Serving / Individual pot	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
--- Please briefly describe: <input type="text" value="Profiteroles"/>						

Did you eat any biscuits, chocolate or sweets yesterday? No Yes

[| Show Help |](#)

Also includes sweets, cereal bars, chocolate covered raisins, sweet popcorn and other sweet snacks.

Chocolate and sweets	Amount	None	¼	½	1	2	3	4	5+
Chocolate bars (e.g. Crunchie, Snickers)	Bar (~50g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
White chocolate	Bar (~50g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Milk chocolate	Bar (~50g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Plain / dark chocolate	Bar (~50g)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Chocolate/yogurt covered raisins	Handful	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chocolate sweets (e.g. Roses, Milk Tray)	Handful	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Low sugar / sugar free sweets (hard and soft)	Handful	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sweets (hard and soft, e.g. peppermints, toffees, fudge, fruit flavoured sweets)	Handful	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Biscuits, cereal bars, other	Amount	None	¼	½	1	2	3	4	5+
Chocolate covered biscuits (e.g. Penguin)	Biscuit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chocolate biscuits (e.g. choc chip cookies, chocolate digestive biscuits)	Biscuit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sweet biscuits (e.g. digestive, shortbread, ginger nut)	Biscuit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cereal bars	Bar	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Other sweet snack	Handful/Item	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>

--- Please briefly describe:

Butterscotch popcorn

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Did you eat any crisps, nuts or savoury snacks yesterday? No Yes [| Show Help |](#)

Also includes seeds and olives.

Snack	Amount	None	½	1	2	3+
Peanuts, roasted/salted	Handful	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Peanuts, unsalted (monkey nuts)	Handful	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Salted/roasted nuts (e.g. almonds, cashews, pistachios)	Handful	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unsalted nuts (e.g. almonds, cashews, walnuts)	Handful	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Seeds (e.g. sunflower, pumpkin, linseeds)	Handful	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Crisps (e.g. Walkers, Sensations, Doritos, Hula Hoops).	Small bag	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Savoury crispbread/corn cake snacks (e.g. Snack-a-Jack, flavoured Ryvita) snack size	Bag	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Cheesy biscuits (e.g. Mini Cheddars, Tuc)	Handful/Bag	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Olives	Handful	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other savoury snack	Handful/Bag	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
--- Please briefly describe:		<input type="text" value="Bombay mix"/>				

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Did you have any soup yesterday? No Yes

[| Show Help |](#)

Include cup-a-soup, canned soup, soup in cartons or pouches, soup eaten out and soup made at home.

Soup	Amount	None	½	1	2	3	4+
Dried / powdered soup (e.g. Cup-a-Soup)	Mug/Bowl	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Carton / pouch / canned soup	Bowl	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
<input checked="" type="checkbox"/> Pea / bean / lentil							
<input type="checkbox"/> Meat / poultry (e.g. ham, chicken)							
<input checked="" type="checkbox"/> Fish / seafood							
<input type="checkbox"/> Vegetables (e.g. potato, tomato)							
<input checked="" type="checkbox"/> Pasta (e.g. noodles)							
<input type="checkbox"/> Other - please describe: <input type="text"/>							
<i>Soup ingredients should not be recorded elsewhere.</i>							
Home-made soup	Bowl	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="checkbox"/> Pea / bean / lentil							
<input checked="" type="checkbox"/> Meat / poultry (e.g. ham, chicken)							
<input type="checkbox"/> Fish / seafood							
<input checked="" type="checkbox"/> Vegetables (e.g. potato, tomato)							
<input type="checkbox"/> Pasta (e.g. noodles)							
<input checked="" type="checkbox"/> Other - please describe: <input type="text" value="Rice"/>							
<i>Soup ingredients should not be recorded elsewhere.</i>							

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Did you eat any pasta, rice, sushi or couscous yesterday? No Yes [| Show Help |](#)

This includes noodles, lasagne pasta sheets and other cooked grains such as bulgar wheat.

Food	Amount	None	½	1	2+
Pasta, white / noodles	Serving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Pasta, wholemeal	Serving	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Rice, white	Serving	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Rice, brown	Serving	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Sushi (sushi rice including seaweed/fish/meat/veg)	Sushi	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Snack pot, noodles / rice (e.g. Pot Noodle)	Pot	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Couscous	Serving	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other cooked grains such as bulgur wheat, millet or pearl barley	Serving	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

--- Please briefly describe:

Did you eat any cheese yesterday? No Yes [| Show Help |](#)

Cheese in sandwiches, on burgers, on jacket potato, pasta dishes.

Type of cheese	Amount	None	½	1	2	3+
Low fat hard cheese (e.g. Edam, reduced fat Cheddar)	Serving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Hard cheese (e.g. Cheddar, Parmesan)	Serving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Soft cheese (e.g. Brie)	Serving	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Blue cheese (e.g. Stilton)	Serving	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Low fat spreadable cheese	Serving	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spreadable cheese (e.g. cream cheese)	Serving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Cottage cheese	Serving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Feta	Serving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Mozzarella	Serving	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Goat's cheese	Serving	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other cheese	Serving	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

--- Please briefly describe:

Did you eat any eggs yesterday? No Yes [| Show Help |](#)

E.g. with breakfast, with a salad, with toast, part of a main meal or in sandwiches.

Dish	Amount	None	½	1	2	3+
Whole eggs (e.g. fried, boiled, poached)	Number of eggs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Omelettes or scrambled egg	Serving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Egg in sandwiches (made with or without mayonnaise)	Serving	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scotch egg	Each	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other egg dishes	Serving	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

--- Please briefly describe:

Eggy bread

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Did you eat any meat or poultry yesterday? No Yes

[| Show Help |](#)

Think about curry, stirfry, sandwiches, pie fillings, sausages/burgers, liver, pâté or mince.

Meat	Amount	None	½	1	2	3	4	5+
Sausage	Each	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Beef (e.g. roast, steak, mince, curry, burger)	Serving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Pork (e.g. roast, chops, sweet and sour)	Serving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lamb or mutton (e.g. roast, chops, stew, burger)	Serving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chicken or turkey in breadcrumbs or deep fried (e.g. nuggets, KFC)	Serving	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chicken or turkey (e.g. roast, drumsticks, curry)	Serving	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bacon	Rasher	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ham, Parma ham, salami, pastrami, cured meats	Slice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Liver or liver pâté	Serving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other (e.g. duck, goose, kidney)	Serving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

--- Please briefly describe:

Goose

	No	Yes	Varied	Don't know	N/A
Did you remove the skin from the chicken or turkey?	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Did you remove the fat from the beef, pork, lamb, mutton, bacon, ham or other cured meats?	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Did you eat any fish or seafood yesterday? No Yes

[| Show Help |](#)

E.g. at breakfast, takeaway with chips, smoked fish, fish pâté, tuna in sandwiches.

Fish	Amount	None	½	1	2	3	4+
Tinned tuna	Serving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Oily fish (e.g. salmon, tinned salmon, herring, mackerel, sardines, fresh tuna steak)	Serving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Breaded fish (e.g. fish fingers) or fish cakes	Serving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Battered fish	Serving	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
White fish (e.g. cod, haddock, fish pie)	Serving	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Prawns	Serving	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lobster or crab	Serving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Shellfish (e.g. mussels, scallops)	Serving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Other	Serving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>

--- Please briefly describe:

Squid

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Did you eat any vegetarian alternatives to meat yesterday? No Yes [| Show Help |](#)

E.g. vegetarian burgers / sausages, nut roast, tofu, soya, Quorn.

Vegetarian	Amount	None	½	1	2	3	4+
Vegetarian sausage / burger	Each	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Tofu / tempeh / TVP / soya mince	Serving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Quorn	Serving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other vegetarian alternative (e.g nut roast)	Serving	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Did you have any spreads, sauces, dips, jams or honey yesterday?

[| Show Help |](#)

No Yes

e.g. Marmite, cream, mayo, hummus, dressings, ketchup, gravy, white sauce, cheese sauce, pasta sauce.

Spread, Sauce, Dip	No	Yes	Spread, Sauce, Dip	No	Yes
Jam, honey or syrup	<input type="radio"/>	<input checked="" type="radio"/>	Low fat mayonnaise / low fat salad cream	<input type="radio"/>	<input checked="" type="radio"/>
Cream (e.g. single, double, sour, crème fraîche)	<input type="radio"/>	<input checked="" type="radio"/>	Mayonnaise / salad cream	<input type="radio"/>	<input checked="" type="radio"/>
Peanut butter, chocolate/nut spread (e.g. Nutella)	<input type="radio"/>	<input checked="" type="radio"/>	Salad dressing	<input type="radio"/>	<input checked="" type="radio"/>
Yeast extract (e.g. Marmite, Vegemite)	<input type="radio"/>	<input checked="" type="radio"/>	Oil (for drizzling or dunking)	<input type="radio"/>	<input checked="" type="radio"/>
Hummus	<input type="radio"/>	<input checked="" type="radio"/>	Pesto	<input type="radio"/>	<input checked="" type="radio"/>
Guacamole	<input type="radio"/>	<input checked="" type="radio"/>	Tomato-based sauce (e.g. pasta sauce)	<input type="radio"/>	<input checked="" type="radio"/>
Chutney / pickle	<input type="radio"/>	<input checked="" type="radio"/>	Cheese sauce (e.g. cauliflower cheese)	<input type="radio"/>	<input checked="" type="radio"/>
Tomato ketchup	<input type="radio"/>	<input checked="" type="radio"/>	White sauce / cream sauce (e.g. bechamel)	<input type="radio"/>	<input checked="" type="radio"/>
Brown sauce / BBQ sauce	<input type="radio"/>	<input checked="" type="radio"/>	Gravy	<input type="radio"/>	<input checked="" type="radio"/>
Other spread / sauce / dip	<input type="radio"/>	<input checked="" type="radio"/>			

--- Please briefly describe:

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Which types of butter, margarine or oil were used in cooking your food yesterday?

[| Show Help |](#)

Remember frying, basting, baking and making sauces, meals out and ready meals.

Cooking oil / spread	No	Yes
Don't know (e.g. hot food from a canteen or a ready meal)	<input type="radio"/>	<input checked="" type="radio"/>
Olive oil	<input type="radio"/>	<input checked="" type="radio"/>
Sunflower oil	<input type="radio"/>	<input checked="" type="radio"/>
Vegetable oil	<input type="radio"/>	<input checked="" type="radio"/>
Rapeseed oil	<input type="radio"/>	<input checked="" type="radio"/>
Other cooking oil	<input type="radio"/>	<input checked="" type="radio"/>
--- Please briefly describe the other type of cooking oil: <input type="text" value="Sesame seed oil"/>		
Butter	<input type="radio"/>	<input checked="" type="radio"/>
<input checked="" type="checkbox"/> Spreadable <input type="checkbox"/> Low fat <input type="checkbox"/> Normal fat <input type="checkbox"/> Don't know		
Lard	<input type="radio"/>	<input checked="" type="radio"/>
Olive based spread (e.g. Bertolli)	<input type="radio"/>	<input checked="" type="radio"/>
<input checked="" type="checkbox"/> Very low fat <input type="checkbox"/> Low fat <input type="checkbox"/> Normal fat <input type="checkbox"/> Cholesterol lowering (e.g. Benecol, Flora pro.active) <input type="checkbox"/> Don't know		
Polyunsaturated margarine (e.g. Flora)	<input type="radio"/>	<input checked="" type="radio"/>
<input type="checkbox"/> Very low fat <input checked="" type="checkbox"/> Low fat <input type="checkbox"/> Normal fat <input type="checkbox"/> Cholesterol lowering (e.g. Benecol, Flora pro.active) <input type="checkbox"/> Don't know		

Dairy spread (e.g. Clover)



- Very low fat
- Low fat
- Normal fat**
- Cholesterol lowering (e.g. Benecol, Flora pro.active)
- Don't know

Soya margarine, vegan margarine or other milk free margarine (e.g. Pure)



- Very low fat
- Low fat
- Normal fat
- Cholesterol lowering (e.g. Benecol, Flora pro.active)**
- Don't know

Unknown/other soft margarine



- Very low fat
- Low fat
- Normal fat
- Cholesterol lowering (e.g. Benecol, Flora pro.active)
- Don't know**

Hard margarine (in wrapper, not tub)



Other type of cooking fat



--- Please briefly describe the other type of cooking fat:

Duck fat

None - no fats or oils were used in cooking yesterday.



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Did you eat any beans, lentils, potatoes or vegetables yesterday?








[\[Show Help \]](#)



No Yes

Include fresh, tinned, frozen, dried; chips, salad, coleslaw, baked beans, chickpeas, veg in stews, pies etc.

Beans (not green) & Lentils		Amount	None	¼	½	1	2	3+
	Beans (baked beans)	Serving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
	Other beans (kidney beans/chick peas/butter beans etc) or lentils	Serving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Potatoes		Amount	None	¼	½	1	2	3+
	Potatoes (fried, chips, wedges, roast)	Serving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Potatoes (baked, boiled)	Serving	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="checkbox"/> Added butter or margarine								
	Potatoes (mashed)	Serving	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Vegetables [Mixed]		Amount	None	¼	½	1	2	3+
	Mixed vegetables (e.g. frozen mixed veg)	Serving	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>Vegetables recorded here do not need to be recorded individually.</i>								
	Vegetable pieces (too small to be counted as individual veg)	Serving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>Vegetables recorded here do not need to be recorded individually.</i>								
	Coleslaw or other salad vegetables in mayonnaise (e.g. waldorf salad)	Serving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
<i>Vegetables recorded here do not need to be recorded individually.</i>								
	Mixed side salad	Serving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
<i>Vegetables recorded here do not need to be recorded individually.</i>								
Vegetables [Avocado-Cabbage]		Amount	None	¼	½	1	2	3+
	Avocado	Medium avocado	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
	Beans (broad beans)	Serving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Beans (green, French, runner)	Serving	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Beetroot	Serving	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Broccoli	Serving	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Butternut squash	Serving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Cabbage, greens, kale	Serving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

Vegetables [Carrot-Leek]		Amount	None	¼	½	1	2	3+
	Carrots (fresh, frozen, raw, cooked)	Serving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
	Cauliflower	Serving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
	Celery	Stick	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Courgette	Serving	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Cucumber	1 inch / 2½cm	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Garlic	Clove	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Leeks	Serving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

Vegetables [Lettuce-Spinach]		Amount	None	¼	½	1	2	3+
	Lettuce	Serving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
	Mushrooms	Serving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
	Onion (red, white, pickled, shallots, spring)	Serving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
	Parsnip	Serving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Peas (frozen, fresh, tinned)	Serving	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Peppers (sweet)	Whole pepper	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Spinach	Serving	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Vegetables [Sprouts-Watercress plus other]		Amount	None	1/4	1/2	1	2	3+
	Sprouts	Serving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Sweetcorn (tinned or frozen, or corn on the cob)	Serving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
	Sweet potatoes	Serving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
	Tomatoes, fresh	Medium tomato	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
	Tomatoes, cooked or tinned	Serving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Turnip or swede	Serving	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Watercress	Serving	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Other vegetables (e.g. celeriac, asparagus, fennel, aubergine, pumpkin)	Serving	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
--- Please briefly describe:		<input type="text" value="Asparagus"/>						

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Did you eat any fruit yesterday? No Yes

[Show Help](#)

Include fresh, frozen, dried, canned or cooked.

Fruit - cooked & dried		Amount	None	½	1	2	3	4+
	Stewed / cooked fruit e.g. apple, rhubarb, plums	Serving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
<i>Fruit recorded here do not need to be recorded individually.</i>								
	Prunes	Handful	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
	Other dried fruit e.g. raisins, apple rings, cranberries (not with breakfast cereal)	Handful	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>Fruit recorded here do not need to be recorded individually.</i>								
Fruit [Mixed] - fresh, frozen, canned		Amount	None	½	1	2	3	4+
	Mixed fruit	Serving	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>Fruit recorded here do not need to be recorded individually.</i>								
Fruit [A-M] - fresh, frozen, canned		Amount	None	½	1	2	3	4+
	Apple	Whole fruit	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Banana	Whole fruit	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Berries e.g. raspberries, strawberries, blueberries, blackcurrants	Handful	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Cherries	Handful	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
	Grapefruit	Whole fruit or serving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
	Grapes	Handful	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
	Mango	Serving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Melon	Serving	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fruit [N-Z plus other] - fresh, frozen, canned		Amount	None	½	1	2	3	4+

	Orange	Whole fruit	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Orange-like small fruits e.g. satsuma, clementine, mandarin	Whole fruit or serving	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Peach, nectarine	Whole fruit or serving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Pear	Whole fruit or serving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
	Pineapple	Serving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
	Plum	Whole fruit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
	Other fruit e.g. pomegranate, kiwi, papaya	Whole fruit or serving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

--- Please briefly describe:

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About your meals yesterday, were they:

Meal type	No	Yes
Takeaway meal / meal delivered to your home?	<input type="radio"/>	<input checked="" type="radio"/>
Restaurant, cafe, canteen or fast food café meal?	<input type="radio"/>	<input checked="" type="radio"/>
Sandwiches bought at a café, canteen, shop or deli?	<input type="radio"/>	<input checked="" type="radio"/>
Ready prepared meals (e.g. from a supermarket)?	<input type="radio"/>	<input checked="" type="radio"/>
Meals prepared and cooked at home?	<input type="radio"/>	<input checked="" type="radio"/>

Salt Intake	No	Yes
Did you add salt to your food? (Do not include salt used in cooking.)	<input type="radio"/>	<input checked="" type="radio"/>

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Did you have any vitamin or mineral supplements yesterday? No Yes [\[Show Help \]](#)
 e.g. Vitamin C, multivitamins, fish oil, calcium supplement.

Supplement	No	Yes	Supplement	No	Yes
Multivitamins	<input type="radio"/>	<input checked="" type="radio"/>	Folic acid	<input type="radio"/>	<input checked="" type="radio"/>
Multivitamins with iron	<input type="radio"/>	<input checked="" type="radio"/>	Iron	<input type="radio"/>	<input checked="" type="radio"/>
Multivitamins with calcium	<input type="radio"/>	<input checked="" type="radio"/>	Calcium	<input type="radio"/>	<input checked="" type="radio"/>
Multivitamins with multiminerals	<input type="radio"/>	<input checked="" type="radio"/>	Chromium	<input type="radio"/>	<input checked="" type="radio"/>
Vitamin A	<input type="radio"/>	<input checked="" type="radio"/>	Magnesium	<input type="radio"/>	<input checked="" type="radio"/>
Vitamin B6	<input type="radio"/>	<input checked="" type="radio"/>	Selenium	<input type="radio"/>	<input checked="" type="radio"/>
Vitamin B12	<input type="radio"/>	<input checked="" type="radio"/>	Zinc	<input type="radio"/>	<input checked="" type="radio"/>
Vitamin C	<input type="radio"/>	<input checked="" type="radio"/>	Glucosamine/chondroitin	<input type="radio"/>	<input checked="" type="radio"/>
Vitamin D	<input type="radio"/>	<input checked="" type="radio"/>	Fish oil	<input type="radio"/>	<input checked="" type="radio"/>
Vitamin E	<input type="radio"/>	<input checked="" type="radio"/>	Starflower/evening primrose oil	<input type="radio"/>	<input checked="" type="radio"/>
Other vitamins or minerals	<input type="radio"/>	<input checked="" type="radio"/>			

--- Please briefly describe:

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This is the final page of questions. We'd like to ask how active you were yesterday.

Yesterday, about how long did you spend doing activities that needed vigorous effort, making you breathe hard? [| Show Help |](#)

For example running, cycling uphill, carrying heavy furniture upstairs, martial arts, competitive sports or intensive exercise (see Help for more examples).

None	Under 10 mins	10-30 mins	½ - 1 hour	1-2 hours	2-4 hours	4-6 hours	6+ hours
<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Yesterday, about how long did you spend doing activities that needed moderate effort, making you somewhat short of breath? [| Show Help |](#)

For example walking upstairs, going to the gym, jogging, energetic dancing, aerobics, most sports, using heavy power tools and other physically demanding DIY & gardening (see Help for more examples).

None	Under 10 mins	10-30 mins	½ - 1 hour	1-2 hours	2-4 hours	4-6 hours	6+ hours
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Yesterday, about how long did you spend doing activities that needed some light effort, involving movement but not making you short of breath? [| Show Help |](#)

For example shopping, cooking, housework, playing darts/pool/bowls, walking, light exercise like stretching, gentle dancing, caring for people/animals, decorating, light gardening, playing musical instruments (see Help for more examples).

None	Under 1 hour	1-3 hours	3-5 hours	5-7 hours	7-9 hours	9-12 hours	12+ hours
<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Please look over the summary below:

	Item	Amount / Eaten
<u>CHANGE</u>	Serving size compared to other people	Average
<u>CHANGE</u>	Not a typical day - fasting	Yes
<u>CHANGE</u>	Not a typical day - other reasons {Very busy but no time for meals}	Yes
<u>CHANGE</u>	Special diet - gluten / wheat free	Yes
<u>CHANGE</u>	Special diet - for lactose intolerance	Yes
<u>CHANGE</u>	Special diet - vegetarian	Yes
<u>CHANGE</u>	Other special diet {Vegetarian but eats fish}	Yes
<u>CHANGE</u>	Water (e.g. still, fizzy, tap)	½ Glass/Beaker
<u>CHANGE</u>	Pure orange juice	2 Glasses/Cartons/250ml
<u>CHANGE</u>	Dairy/yogurt based smoothie	1 Glass/Bottle/250ml
<u>CHANGE</u>	Instant coffee	6+ Mugs/Cups
<u>CHANGE</u>	Filter/Americano	5 Mugs/Cups
<u>CHANGE</u>	Cappuccino	4 Mugs/Cups
<u>CHANGE</u>	Latte	3 Mugs/Cups
<u>CHANGE</u>	Espresso	2 Cups
<u>CHANGE</u>	Other coffee drinks {Frappuccino}	1 Mug/Cup
<u>CHANGE</u>	Did you add milk to your filter coffee?	Yes
<u>CHANGE</u>	Did you add milk to your espresso?	Varied
<u>CHANGE</u>	Did you add milk to your other coffee?	Yes
<u>CHANGE</u>	Sugar added to each mug/cup of coffee	½ Teaspoon
<u>CHANGE</u>	Sweetener (e.g. Canderel) added to each mug/cup of coffee	Varied
<u>CHANGE</u>	Standard tea (e.g. Tetley, Earl Grey)	6+ Mugs/Cups
<u>CHANGE</u>	Rooibos / Redbush tea	5 Mugs/Cups
<u>CHANGE</u>	Green tea	4 Mugs/Cups
<u>CHANGE</u>	Herbal or fruit infusion	3 Mugs/Cups
<u>CHANGE</u>	Other tea / infusion drinks {Oolong}	2 Mugs/Cups
<u>CHANGE</u>	Did you add milk to your standard tea?	Yes
<u>CHANGE</u>	Decaffeinated standard tea	Varied
<u>CHANGE</u>	Sweetener (e.g. Canderel) added to each mug/cup of tea or infusion	1 Teaspoon / tablet
<u>CHANGE</u>	Milk (excluding milkshakes)	6+ Glasses/Cartons/250ml
<u>CHANGE</u>	Yogurt drinks, flavoured milk or milkshakes	5 Glasses/Cartons/250ml
<u>CHANGE</u>	Low calorie hot chocolate drinks	4 Mugs/Cups
<u>CHANGE</u>	Hot chocolate or other milk-based drinks (including Horlicks)	3 Mugs/Cups
<u>CHANGE</u>	Other drinks {Dandelion coffee}	2 Glasses/Mugs/Cups
<u>CHANGE</u>	Red wine Medium glass (175ml)	6+ Wine glasses
<u>CHANGE</u>	Rose wine Large glass (250ml)	5 Wine glasses
<u>CHANGE</u>	White wine Small glass (125ml)	4 Wine glasses
<u>CHANGE</u>	Beer, lager or cider	3 Pints
<u>CHANGE</u>	Sherry, fortified wine or port	2 Sherry/port glasses
<u>CHANGE</u>	Spirits e.g. vodka, whisky, gin, rum	1 Measure

<u>CHANGE</u>	Other alcoholic drinks {Punch}	½ Units
<u>CHANGE</u>	Porridge Made with milk	2+ Bowls
<u>CHANGE</u>	Muesli	1 Bowl
<u>CHANGE</u>	Sweetened oat crunch type cereal (e.g. Jordans Country Crisp, chocolate nut clusters)	½ Bowl
<u>CHANGE</u>	Plain cereals (e.g. Cornflakes, Rice Krispies, Special K)	½ Bowl
<u>CHANGE</u>	Bran cereal (e.g. bran flakes, All-bran)	1 Bowl
<u>CHANGE</u>	Wholewheat cereal (e.g. Weetabix, Shredded Wheat, Shreddies)	2+ Bowls
<u>CHANGE</u>	Other cereal {Oatibix}	1 Bowl
<u>CHANGE</u>	Did your cereal contain any dried fruit?	Yes
<u>CHANGE</u>	Did you add milk to your cereal?	Yes
<u>CHANGE</u>	Milk used most frequently {Jersey milk (Gold top)}	Other type of milk
<u>CHANGE</u>	Sliced bread White Seeded	6+ Slices
<u>CHANGE</u>	Sandwich baguette, ciabatta, panini or sub Granary, brown, mixed flours/grains, white with extras	5 Bread items
<u>CHANGE</u>	Large sandwich bap, stotty, pitta bread Wholemeal	4 Bread items
<u>CHANGE</u>	Bread roll, bap, burger bun, hotdog roll, bagel Other flour {Rye}	3 Bread items
<u>CHANGE</u>	Naan bread	2 Naans
<u>CHANGE</u>	Garlic bread	1 Slice
<u>CHANGE</u>	Crackers, crispbread, rice cakes, corn cakes (e.g. Ryvita)	½ Biscuit / Item
<u>CHANGE</u>	Oat cakes	1 Biscuit
<u>CHANGE</u>	Other bread {Crumpets}	2 Slices / Items
<u>CHANGE</u>	Butter/margarine on sliced bread Thinly spread	6+ Slices
<u>CHANGE</u>	Butter/margarine on sandwich baguette, ciabatta, panini or sub Medium spread	5 Bread items
<u>CHANGE</u>	Butter/margarine on large sandwich bap, stotty, pitta bread Thinly spread	4 Bread items
<u>CHANGE</u>	Butter/margarine on bread roll, bap, burger bun, hotdog roll, bagel Thinly spread	3 Bread items
<u>CHANGE</u>	Butter/margarine on crackers, crispbread, rice cakes, corn cakes (e.g. Ryvita) Thickly spread	½ Biscuit / Item
<u>CHANGE</u>	Butter/margarine on oat cakes Thickly spread	1 Biscuit
<u>CHANGE</u>	Butter/margarine on other bread Thickly spread	2 Slices / Items
<u>CHANGE</u>	Butter on bread/crackers Spreadable	Yes
<u>CHANGE</u>	Olive based spread on bread/crackers (e.g. Bertolli) Very low fat	Yes
<u>CHANGE</u>	Polyunsaturated margarine on bread/crackers (e.g. Flora) Low fat	Yes
<u>CHANGE</u>	Dairy spread on bread/crackers (e.g. Clover) Normal fat	Yes

<u>CHANGE</u>	Soya Margarine, vegan margarine or other milk free margarine on bread/crackers (e.g. Pure) Cholesterol lowering (e.g. Benecol, Flora pro.active)	Yes
<u>CHANGE</u>	Unknown/other soft margarine on bread/crackers Don't know	Yes
<u>CHANGE</u>	Hard Margarine on bread/crackers (in wrapper, not tub)	Yes
<u>CHANGE</u>	Other spread on bread/crackers {Ghee}	Yes
<u>CHANGE</u>	Double crust pie (e.g. slice of a large pie, a whole small pie or pasty)	4+ Slices / Items
<u>CHANGE</u>	Single crust pie/flan (pastry base or pastry top, e.g. quiche)	3 Slices / Items
<u>CHANGE</u>	Crumble topping (e.g. fruit crumble, vegetable crumble)	2 Servings
<u>CHANGE</u>	Pizza	1 Medium slice
<u>CHANGE</u>	Pancake, crêpe	½ Pancake
<u>CHANGE</u>	Yorkshire pudding	½ Muffin-sized pudding / serving
<u>CHANGE</u>	Pakora, onion bhaji, samosa	1 Item
<u>CHANGE</u>	Croissant	2 Croissants
<u>CHANGE</u>	Danish pastry	3 Pastries
<u>CHANGE</u>	Scone (plain, fruit, cheese)	4+ Scones
<u>CHANGE</u>	Yogurt, plain or flavoured Full fat yogurt	3+ Servings / Individual pots
<u>CHANGE</u>	Ice-cream (including individual ice-creams such as choc-ice, cornets)	2 Servings / Individual ice-creams
<u>CHANGE</u>	Custard, rice pudding, semolina pudding, blancmange	3+ Servings
<u>CHANGE</u>	Other milk based desserts (e.g. mousse, tiramisu, crème caramel) {Chocolate mousse}	2 Servings / Individual pots
<u>CHANGE</u>	Soya ice-cream, soya yogurt, other soya dessert	1 Serving / Individual pot
<u>CHANGE</u>	Fruit cake	½ Slice
<u>CHANGE</u>	Cake, muffin, flapjack, brownie, pecan pie	1 Slice/Item
<u>CHANGE</u>	Doughnuts	2 Items
<u>CHANGE</u>	Sponge pudding	3+ Servings
<u>CHANGE</u>	Cheesecake	2 Servings
<u>CHANGE</u>	Other dessert {Profiteroles}	1 Serving / Individual pot
<u>CHANGE</u>	Chocolate bars (e.g. Crunchie, Snickers)	5+ Bars
<u>CHANGE</u>	White chocolate	4 Bars
<u>CHANGE</u>	Milk chocolate	3 Bars
<u>CHANGE</u>	Plain / dark chocolate	2 Bars
<u>CHANGE</u>	Chocolate/yogurt covered raisins	1 Handful
<u>CHANGE</u>	Chocolate sweets (e.g. Roses, Milk Tray)	½ Handful
<u>CHANGE</u>	Low sugar/ sugar free sweets (hard and soft)	¼ Handful
<u>CHANGE</u>	Sweets (hard and soft, e.g. peppermints, toffees, fudge, fruit flavoured sweets)	½ Handful
<u>CHANGE</u>	Chocolate covered biscuits (e.g. Penguin)	1 Biscuit
<u>CHANGE</u>	Chocolate biscuits (e.g. choc chip cookies, chocolate digestive biscuits)	2 Biscuits
<u>CHANGE</u>	Sweet biscuits (e.g. digestive, shortbread, ginger nut)	3 Biscuits
<u>CHANGE</u>	Cereal bars	4 Bars
<u>CHANGE</u>	Other sweet snack {Butterscotch popcorn}	5+ Handfuls/Items
<u>CHANGE</u>	Peanuts, roasted/salted	3+ Handfuls
<u>CHANGE</u>	Peanuts, unsalted (monkey nuts)	2 Handfuls
<u>CHANGE</u>	Salted/roasted nuts (e.g. almonds, cashews, pistachios)	1 Handful

<u>CHANGE</u>	Unsalted nuts (e.g. almonds, cashews, walnuts)	½ Handful
<u>CHANGE</u>	Seeds (e.g. sunflower, pumpkin, linseeds)	1 Handful
<u>CHANGE</u>	Crisps (e.g. Walkers, Sensations, Doritos, Hula Hoops)	2 Small bags
<u>CHANGE</u>	Savoury crispbread/corn cake snacks (e.g. Snack-a-Jack, flavoured Ryvita) snack size	3+ Bags
<u>CHANGE</u>	Cheesy biscuits (e.g. Mini Cheddars, Tuc)	2 Handfuls/Bags
<u>CHANGE</u>	Olives	1 Handful
<u>CHANGE</u>	Other savoury snack {Bombay mix}	½ Handful/Bag
<u>CHANGE</u>	Dried / powdered soup (e.g. Cup-a-Soup)	4+ Mugs/Bowls
	Carton / pouch / canned soup	3 Bowls
<u>CHANGE</u>	Pea / bean / lentil	
	Fish / seafood	
	Pasta (e.g. noodles)	
	Home-made soup	2 Bowls
<u>CHANGE</u>	Meat / poultry (e.g. ham, chicken)	
	Vegetables (e.g. potato, tomato)	
	Other main soup ingredient {Rice}	
<u>CHANGE</u>	Pasta, white / noodles	2+ Servings
<u>CHANGE</u>	Pasta, wholemeal	1 Serving
<u>CHANGE</u>	Rice, white	½ Serving
<u>CHANGE</u>	Rice, brown	1 Serving
<u>CHANGE</u>	Sushi (sushi rice including seaweed/fish/meat/veg)	2+ Sushi
<u>CHANGE</u>	Snack pot, noodles / rice (e.g. Pot Noodle)	1 Pot
<u>CHANGE</u>	Couscous	½ Serving
<u>CHANGE</u>	Other cooked grains such as bulgur wheat, millet or pearl barley {Bulgar wheat}	1 Serving
<u>CHANGE</u>	Low fat hard cheese	3+ Servings
<u>CHANGE</u>	Hard cheese (e.g. Cheddar, Parmesan)	2 Servings
<u>CHANGE</u>	Soft cheese (e.g. Brie, goat's cheese)	1 Serving
<u>CHANGE</u>	Blue cheese (e.g. Stilton)	½ Serving
<u>CHANGE</u>	Low fat spreadable cheese	1 Serving
<u>CHANGE</u>	Spreadable cheese	2 Servings
<u>CHANGE</u>	Cottage cheese	3+ Servings
<u>CHANGE</u>	Feta	2 Servings
<u>CHANGE</u>	Mozzarella	1 Serving
<u>CHANGE</u>	Goat's cheese	½ Serving
<u>CHANGE</u>	Other cheese {Cheese strings}	1 Serving
<u>CHANGE</u>	Whole eggs (e.g. fried, boiled, poached)	3+ Eggs
<u>CHANGE</u>	Omelettes or scrambled egg	2 Servings
<u>CHANGE</u>	Egg in sandwiches (made with and without mayonnaise)	1 Serving
<u>CHANGE</u>	Scotch egg	½ Scotch egg
<u>CHANGE</u>	Other egg dishes {Eggy bread}	1 Serving
<u>CHANGE</u>	Sausage	5+ Sausages
<u>CHANGE</u>	Beef (e.g. roast, steak, mince, curry, burger)	4 Servings
<u>CHANGE</u>	Pork (e.g. roast, chops, sweet and sour)	3 Servings
<u>CHANGE</u>	Lamb or mutton (e.g. roast, chops, stew, burger)	2 Servings
<u>CHANGE</u>	Chicken or turkey in breadcrumbs or deep fried (e.g. nuggets, KFC)	1 Serving
<u>CHANGE</u>	Chicken or turkey (e.g. roast, drumsticks, curry)	½ Serving
<u>CHANGE</u>	Bacon	1 Rasher
<u>CHANGE</u>	ham, Parma ham, salami, pastrami, cured meats	2 Slices

<u>CHANGE</u>	Liver or liver pâté	3 Servings
<u>CHANGE</u>	Other (e.g. duck, goose, kidney) {Goose}	4 Servings
<u>CHANGE</u>	Removed the skin from the chicken or turkey	Yes
<u>CHANGE</u>	Removed the fat from the beef, pork, lamb, mutton, ham, bacon or cured meats	Varied
<u>CHANGE</u>	Tinned tuna	4+ Servings
<u>CHANGE</u>	Oily fish (e.g. salmon, tinned salmon, herring, mackerel, sardines, fresh tuna steak)	3 Servings
<u>CHANGE</u>	Breaded fish (e.g. fish fingers) or fish cakes	2 Servings
<u>CHANGE</u>	Battered fish (chip-shop fish)	1 Serving
<u>CHANGE</u>	White fish (e.g. cod, haddock, fish pie)	½ Serving
<u>CHANGE</u>	Prawns	1 Serving
<u>CHANGE</u>	Lobster or crab	2 Servings
<u>CHANGE</u>	Shellfish	3 Servings
<u>CHANGE</u>	Other fish or seafood {Squid}	4+ Servings
<u>CHANGE</u>	Vegetarian sausage / burger	4+
<u>CHANGE</u>	Tofu / tempeh / TVP / soya mince	3 Servings
<u>CHANGE</u>	Quorn	2 Servings
<u>CHANGE</u>	Other vegetarian alternative (e.g. nut roast) {Nut roast}	1 Serving
<u>CHANGE</u>	Jam, honey or syrup	Yes
<u>CHANGE</u>	Cream (e.g. single, double, sour, crème fraîche)	Yes
<u>CHANGE</u>	Peanut butter, chocolate/nut spread (e.g. Nutella)	Yes
<u>CHANGE</u>	Yeast extract (e.g. Marmite, Vegemite)	Yes
<u>CHANGE</u>	Hummus	Yes
<u>CHANGE</u>	Guacamole	Yes
<u>CHANGE</u>	Chutney / pickle	Yes
<u>CHANGE</u>	Tomato ketchup	Yes
<u>CHANGE</u>	Brown sauce / BBQ sauce	Yes
<u>CHANGE</u>	Low fat mayonnaise / low fat salad cream	Yes
<u>CHANGE</u>	Mayonnaise / salad cream	Yes
<u>CHANGE</u>	Salad dressing	Yes
<u>CHANGE</u>	Oil (for drizzling or dunking)	Yes
<u>CHANGE</u>	Pesto	Yes
<u>CHANGE</u>	Tomato-based sauce (e.g. pasta sauce)	Yes
<u>CHANGE</u>	Cheese sauce (e.g. cauliflower cheese)	Yes
<u>CHANGE</u>	White sauce / cream sauce (e.g. bechamel)	Yes
<u>CHANGE</u>	Gravy	Yes
<u>CHANGE</u>	Other spread / sauce / dip {Curry sauce}	Yes
<u>CHANGE</u>	Fat/oil of unknown type used in cooking (e.g. in hot food from a canteen or a ready meal)	Yes
<u>CHANGE</u>	Olive oil in cooking	Yes
<u>CHANGE</u>	Sunflower oil in cooking	Yes
<u>CHANGE</u>	Vegetable oil in cooking	Yes
<u>CHANGE</u>	Rapeseed oil in cooking	Yes
<u>CHANGE</u>	Other cooking oil {Sesame seed oil}	Yes
<u>CHANGE</u>	Butter in cooking	Yes
<u>CHANGE</u>	Spreadable	Yes
<u>CHANGE</u>	Lard in cooking	Yes
<u>CHANGE</u>	Olive based spread in cooking (e.g. Bertolli)	Yes
<u>CHANGE</u>	Very low fat	Yes

<u>CHANGE</u>	Polyunsaturated margarine in cooking (e.g. Flora) Low fat	Yes
<u>CHANGE</u>	Dairy spread in cooking (e.g. Clover) Normal fat	Yes
<u>CHANGE</u>	Soya margarine, vegan margarine or other milk free margarine in cooking Cholesterol lowering (e.g. Benecol, Flora pro.active)	Yes
<u>CHANGE</u>	Unknown/other soft margarine Don't know	Yes
<u>CHANGE</u>	Hard margarine in cooking (in wrapper, not tub)	Yes
<u>CHANGE</u>	Other type of cooking fat {Duck fat}	Yes
<u>CHANGE</u>	Baked beans	3+ Servings
<u>CHANGE</u>	Beans (kidney beans/chick peas/butter beans/lentils etc)	2 Servings
<u>CHANGE</u>	Potatoes (fried, chips, wedges, roast)	1 Serving
<u>CHANGE</u>	Potatoes (baked, boiled) Added butter or margarine	½ Serving
<u>CHANGE</u>	Potatoes (mashed)	¼ Serving
<u>CHANGE</u>	Mixed vegetables (e.g. frozen mixed veg)	½ Serving
<u>CHANGE</u>	Vegetable pieces (too small to be counted as individual veg)	1 Serving
<u>CHANGE</u>	Coleslaw or other salad vegetables in mayonnaise (e.g. waldorf salad)	2 Servings
<u>CHANGE</u>	Mixed side salad	3+ Servings
<u>CHANGE</u>	Avocado	2 Medium avocados
<u>CHANGE</u>	Broad beans	1 Serving
<u>CHANGE</u>	Green beans, French beans, runner beans	½ Serving
<u>CHANGE</u>	Beetroot	¼ Serving
<u>CHANGE</u>	Broccoli	½ Serving
<u>CHANGE</u>	Butternut squash	1 Serving
<u>CHANGE</u>	Cabbage, kale	2 Servings
<u>CHANGE</u>	Carrots (fresh, frozen, raw, cooked)	3+ Servings
<u>CHANGE</u>	Cauliflower	2 Servings
<u>CHANGE</u>	Celery	1 Stick
<u>CHANGE</u>	Courgette	½ Serving
<u>CHANGE</u>	Cucumber	¼ inch
<u>CHANGE</u>	Garlic	½ Clove
<u>CHANGE</u>	Leek	1 Serving
<u>CHANGE</u>	Lettuce	2 Servings
<u>CHANGE</u>	Mushrooms	3+ Servings
<u>CHANGE</u>	Onion	2 Servings
<u>CHANGE</u>	Parsnips	1 Serving
<u>CHANGE</u>	Peas (frozen, fresh, tinned)	½ Serving
<u>CHANGE</u>	Peppers (sweet)	¼ Pepper
<u>CHANGE</u>	Spinach	½ Serving
<u>CHANGE</u>	Sprouts	1 Serving
<u>CHANGE</u>	Sweetcorn (tinned or frozen, or corn on the cob)	2 Servings
<u>CHANGE</u>	Sweet potatoes	3+ Servings
<u>CHANGE</u>	Fresh tomatoes	2 Medium tomatoes
<u>CHANGE</u>	Tinned or cooked tomatoes	1 Serving
<u>CHANGE</u>	Turnip, swede	½ Serving
<u>CHANGE</u>	Watercress	¼ Serving
<u>CHANGE</u>	Other vegetables {Asparagus}	½ Serving

<u>CHANGE</u>	Stewed / cooked fruit (e.g. apple, rhubarb, plums)	4+ Servings
<u>CHANGE</u>	Prunes	3 Handfuls
<u>CHANGE</u>	Dried fruit (e.g. raisins, apple rings, cranberries)	2 Handfuls
<u>CHANGE</u>	Mixed fruit	1 Serving
<u>CHANGE</u>	Apple	½ Whole fruit
<u>CHANGE</u>	Banana	1 Whole fruit
<u>CHANGE</u>	Berries (e.g. raspberries, strawberries, blueberries, blackcurrants)	2 Handfuls
<u>CHANGE</u>	Cherries	3 Handfuls
<u>CHANGE</u>	Grapefruit	4+ Whole fruit or servings
<u>CHANGE</u>	Grapes	3 Handfuls
<u>CHANGE</u>	Mango	2 Servings
<u>CHANGE</u>	Melon	1 Serving
<u>CHANGE</u>	Orange	½ Whole fruit
<u>CHANGE</u>	Orange-like small fruits (e.g. satsuma, clementine, mandarin)	1 Whole fruit or serving
<u>CHANGE</u>	Peach, nectarine	2 Whole fruit or servings
<u>CHANGE</u>	Pear	3 Whole fruit or servings
<u>CHANGE</u>	Pineapple	4+ Servings
<u>CHANGE</u>	Plum	3 Whole fruit
<u>CHANGE</u>	Other fruit {Lychees}	2 Whole fruit or servings
<u>CHANGE</u>	Takeaway meal / meal delivered to your home	Yes
<u>CHANGE</u>	Restaurant, café, canteen or fast food café meal	Yes
<u>CHANGE</u>	Sandwiches bought at a café, canteen, shop or deli	Yes
<u>CHANGE</u>	Ready prepared meals (e.g. from a supermarket)	Yes
<u>CHANGE</u>	Meals prepared and cooked at home	Yes
<u>CHANGE</u>	Did you add salt to your food? (Not in cooking.)	Yes
<u>CHANGE</u>	Multivitamins	Yes
<u>CHANGE</u>	Multivitamins with iron	Yes
<u>CHANGE</u>	Multivitamins with calcium	Yes
<u>CHANGE</u>	Multivitamins with multiminerals	Yes
<u>CHANGE</u>	Vitamin A	Yes
<u>CHANGE</u>	Vitamin B6	Yes
<u>CHANGE</u>	Vitamin B12	Yes
<u>CHANGE</u>	Vitamin C	Yes
<u>CHANGE</u>	Vitamin D	Yes
<u>CHANGE</u>	Vitamin E	Yes
<u>CHANGE</u>	Folic acid	Yes
<u>CHANGE</u>	Iron	Yes
<u>CHANGE</u>	Calcium	Yes
<u>CHANGE</u>	Chromium	Yes
<u>CHANGE</u>	Magnesium	Yes
<u>CHANGE</u>	Selenium	Yes
<u>CHANGE</u>	Zinc	Yes
<u>CHANGE</u>	Glucosamine/chondroitin	Yes
<u>CHANGE</u>	Fish oil	Yes
<u>CHANGE</u>	Starflower/evening primrose oil	Yes
<u>CHANGE</u>	Other vitamins or minerals {Garlic capsules}	Yes
<u>CHANGE</u>	Time spent doing vigorous effort activities	Under 10 mins
<u>CHANGE</u>	Time spent doing moderate effort activities	½ - 1 hour
<u>CHANGE</u>	Time spent doing light effort activities	1-3 hours

If you would like to change anything or add anything, please move back to the relevant page:

- use one of the change links above;
- use our back button *below*;
- select an option from the box and press Go.

Alcohol
Biscuits
Bread
Cake
Cereal

Go

If you're not sure where to add something, you may type it into the extras box below.

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