

Scottish Collaborative Group Food Frequency Questionnaire version C3

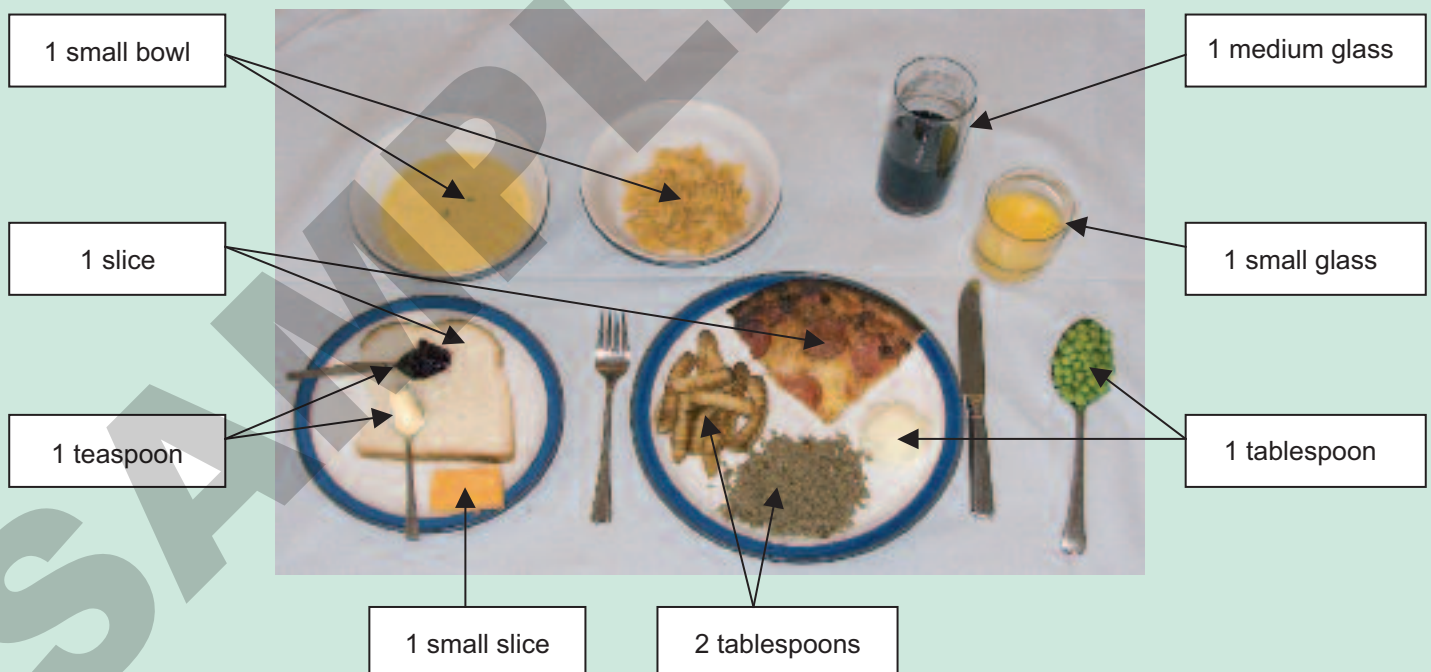


Diet questionnaire for young people

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We would like you to tell us about what you usually have to eat and drink in a typical week. This should include all main meals, snacks, and drinks. You should also include any foods and drinks you eat outside your home, e.g. at school, at out of school clubs, at restaurants or cafes or with friends and other family members. You may want to ask your parent or guardian to help you with completing the questionnaire or to check some of the answers.

The questionnaire lists 146 types of foods and drinks. For each food or drink a measure is given which describes a small portion to help you estimate how much you usually have. The photograph below gives examples of some of these measures.



If not collected by the interviewer please return the questionnaire in the FREEPOST envelope to:

National Centre for Social Research
Operations Department
Kings House, 101 - 135 Kings Road
Brentwood, Essex CM14 4LX

How to complete the questionnaire

Please take a few minutes to read the instructions carefully.

Please use **black or blue pen** to complete the questionnaire: do not use pencil.

For **every line** in the questionnaire, you need to tick **one box** to say how many times your child usually has this food or drink.

- If your child does not usually have any of this food or drink, please tick the first box (rarely or never).
- If your child has the food or drink more than once a month but less than once a week, please tick the next box (one or two per month).
- If your child has the food or drink every week but not every day, please tick one of the weekly boxes to indicate how many measures of this food or drink he/she has in a typical week (1 per week, 2-3 per week or 4-6 per week).
- If your child has the food or drink every day, please tick one of the daily choices (1 per day, 2-3 per day, 4-6 per day or 7 or more per day).

For dishes that are made up of more than one food you may have to split it up into its separate parts e.g. a ham sandwich (2 slices of white bread, 1 teaspoon of butter and 2 slices of ham).

For a few foods, your child may have more than one measure on several days a week but not every day. For these foods please use the daily choices which give approximately the same total intake per week, e.g. for 8-10 measures per week please tick 1 per day (see example of white bread below).

Example:

If your child has a piece of Weetabix every day, three medium glasses of regular blackcurrant diluting juice every day, two slices of white bread 5 days a week, an apple twice a week, but never has peanut butter, your answers should look like this:

Food	Measure	Rarely or never	One or two per month	1 per week	2 – 3 per week	4 – 6 per week	1 per day	2 – 3 per day	4 – 6 per day	7 or more per day
Unsweetened cereals (e.g. Cornflakes, Shreddies, Weetabix, Rice Krispies)	1 small bowl, 3 tablespoons or 1 piece						✓			
Regular blackcurrant diluting juice	1 medium glass							✓		
White bread or rolls	1 slice or roll						✓			
Apple	1 small apple				✓					
Peanut butter	1 teaspoon	✓								

If you want to change an answer, simply cross out your first tick and add another one in the right box.

If your child has any foods or drinks which are not listed, or if you are not sure about where to add any foods or drinks, please use section 17 ('other foods') at the end of the questionnaire.

It is very important that you put a tick on every line.

If your child rarely or never has the food, it is very important that you tick the box for rarely or never.

Food	Measure	Rarely or never	One or two per month	1 per week	2 – 3 per week	4 – 6 per week	1 per day	2 – 3 per day	4 – 6 per day	7 or more per day
1. Breakfast cereals										
Unsweetened cereals (e.g. Cornflakes, Shreddies, Weetabix, Rice Krispies)	1 small bowl, 3 tablespoons or 1 piece									
Sweetened cereals (e.g. Frosties, Sugar Puffs, Coco Pops, Honey Nut Loops)	1 small bowl or 3 tablespoons									
Ready Brek or porridge	1 small bowl or 3 tablespoons									
Muesli (all types)	1 small bowl or 3 tablespoons									
2. Bread (including sandwiches and toast)										
White bread or rolls	1 slice or roll									
Brown or granary bread or rolls	1 slice or roll									
Wholemeal bread or rolls	1 slice or roll									
Croissants, garlic bread or Aberdeen rolls	1 roll or 2 slices									
Other breads (e.g. pitta, naan, tortilla, bagel)	1 piece									
3. Milk (in drinks and on cereals)										
Full fat cow's milk	1 small glass or 1/4 pint									
Semi-skimmed cow's milk	1 small glass or 1/4 pint									
Skimmed cow's milk	1 small glass or 1/4 pint									
Soya Milk	1 small glass or 1/4 pint									
Flavoured milk (e.g. chocolate, strawberry)	1 small glass or 1/4 pint									
4. Yogurt, cheese and eggs										
Drinking yogurts (Actimel, Yakult)	1 bottle									
Flavoured yogurts (e.g. all fruit yogurts, Crunch Corners, Crunchie)	1 small pot									
Fromage frais (all flavours)	1 small pot									
Natural, low fat or low calorie yogurt	1 small pot									
Cream (all types)	1 tablespoon									
Full fat cream cheese (e.g. Philadelphia)	1 tablespoon									
Cheddar-type cheese (including Cheese strings)	1 small slice or 1 stick									
Edam, Brie or cheese spreads (e.g. Dairylea)	1 slice, 1 piece or 1 tablespoon									
Low fat hard or soft cheese	1 slice or 1 tablespoon									
Eggs (boiled, fried, scrambled or omelette)	1 egg									

Please make sure you put a tick on every line before leaving this page

Food	Measure	Rarely or never	One or two per month	1 per week	2 – 3 per week	4 – 6 per week	1 per day	2 – 3 per day	4 – 6 per day	7 or more per day
5. Meat (excluding Quorn and Soya)										
Meat burgers or mince	1 small burger or 1 tablespoon									
Meat sauce (e.g. on pasta)	1 tablespoon									
Frankfurters	1 sausage									
Fried or grilled sausages	1 sausage									
Bacon or gammon	1 slice									
Cold ham or turkey	1 slice									
Salami or continental sausage	1 slice									
Stewed, fried, grilled or roast beef, pork or lamb	1 tablespoon or 1 slice									
Chicken nuggets	1 serving									
Casseroled, fried, grilled or roast chicken or turkey	1 tablespoon or 1 slice									
Meat or chicken pies, pasties or sausage rolls	1 individual pie or 1 roll									
6. Fish										
Fish fingers	1 finger									
Fish cakes or fish pie	1 fish cake or 1 tablespoon									
Grilled or poached white fish (cod, haddock, plaice)	1 small fillet									
White fish fried or cooked in batter or scampi	1 small fillet or 1 serving									
Grilled oily fish (fresh tuna, salmon, mackerel, herring)	1 small fillet									
Fried oily fish (fresh tuna, salmon, mackerel, herring)	1 small fillet or slice									
Smoked oily fish (kipper, mackerel, salmon)	1 small fillet									
Tinned tuna	1 tablespoon									
Tinned salmon, sardines, mackerel, pilchards	1 tablespoon or 1 small fillet									
Prawns	1 tablespoon									
7. Potatoes, rice and pasta										
Boiled, mashed or baked potatoes	1 tablespoon or 1 potato									
Potato croquettes or waffles	1 piece									
Roast or fried potatoes	1 potato or 2 tablespoons									
Oven chips	2 tablespoons									
Home-cooked chips	2 tablespoons									
Chips from a chip shop, café or restaurant	1 small bag									
Spaghetti and other pasta or couscous	2 tablespoons (cooked)									
Rice (all types)	2 tablespoons (cooked)									
Noodles (all types)	2 tablespoons (cooked)									

Please make sure you put a tick on every line before leaving this page

Food	Measure	Rarely or never	One or two per month	1 per week	2 – 3 per week	4 – 6 per week	1 per day	2 – 3 per day	4 – 6 per day	7 or more per day
8. Savoury dishes, soups and sauces										
Pizza	1 small (6 inch) pizza or 1 slice									
Quiche	1 slice									
Quorn, Soya or Tofu products (all types)	1 serving									
Nut roast, nut burgers or vegetable burgers	1 serving									
Baked beans	1 tablespoon									
Other beans or lentils (excluding soups)	1 tablespoon									
Canned or dried soup	1 small bowl									
Home-made soup	1 small bowl									
Bottled sauces (e.g. tomato ketchup)	1 teaspoon									
Tomato sauce (e.g. for pasta)	1 tablespoon									
Other sauces (e.g. cheese, white, curry, sweet & sour)	1 tablespoon									
Gravy	1 tablespoon									
Mayonnaise or salad cream	1 teaspoon									
Hummus	1 tablespoon									
9. Vegetables (fresh, frozen and tinned)										
Mixed vegetable dishes (e.g. stir-fry, curry)	1 tablespoon									
Peas or green beans	1 tablespoon									
Sweetcorn	1 tablespoon or 1 small cob									
Broccoli	1 tablespoon or 2 pieces									
Cabbage	1 tablespoon									
Spinach	1 tablespoon									
Other green vegetables (e.g. leeks, courgettes)	1 tablespoon									
Cauliflower, swede (neeps) or turnip	1 tablespoon									
Raw carrot	1/2 carrot									
Cooked carrot	1/2 carrot									
Onions	1/4 onion or 2 teaspoons									
Tomatoes	1 tomato									
Peppers	1/4 pepper									
Olives	4 olives									
Other salad vegetables (e.g. lettuce, cucumber, celery)	1 small serving									
Coleslaw	1 tablespoon									
Potato salad	1 tablespoon									

Please make sure you put a tick on every line before leaving this page

Food	Measure	Rarely or never	One or two per month	1 per week	2 – 3 per week	4 – 6 per week	1 per day	2 – 3 per day	4 – 6 per day	7 or more per day
10. Fruit (fresh, frozen and tinned)										
Fresh fruit salad	1 tablespoon									
Tinned fruit (all kinds)	1 tablespoon									
Apples	1 small apple									
Oranges	1 small orange									
Bananas	1 small banana									
Grapes, melon, pear	1 small serving									
Kiwi	1 fruit									
Other fresh fruit (e.g. peaches, strawberries etc)	1 small serving									
Dried fruit (all kinds)	1 tablespoon									
11. Juice and other drinks										
Pure apple juice	1 small glass									
Other pure fruit juice (orange, pineapple etc.)	1 small glass									
High juice fruit drinks (Five Alive, Sunny Delight etc.)	1 small carton or medium glass									
Regular fruit juice drinks (e.g. Fruit Shoots, Capri Sun, Ribena cartons)	1 small bottle, pouch or carton									
Other fruit flavoured drinks including flavoured water (e.g. Calypso Cartoon)	1 carton, small bottle or medium glass									
Regular blackcurrant diluting juice	1 medium glass made-up									
No added sugar blackcurrant diluting juice	1 medium glass made-up									
Regular orange, lemon or other diluting juice	1 medium glass made-up									
No added sugar orange, lemon or other diluting juice	1 medium glass made-up									
Regular fizzy drinks (e.g. lemonade, Irn Bru, Cola)	1 medium glass or 1/2 can									
Low calorie or diet fizzy drinks	1 medium glass or 1/2 can									
Tap or mineral water (not in other drinks)	1 medium glass									
Smoothies (all kinds)	1 small bottle or carton									
Drinking chocolate powder	2 teaspoons or 1 sachet									
Tea (excluding fruit, herbal or green)	1 cup									
Coffee	1 cup									
Alcopops (e.g. Bacardi Breezer)	1 bottle									
Lager or beer	1 bottle or 1/2 pint									
Cider	1 bottle or 1/2 pint									
Wine	1 wine glass									
Spirits or liqueurs	1 pub measure									

Please make sure you put a tick on every line before leaving this page

Food	Measure	Rarely or never	One or two per month	1 per week	2 – 3 per week	4 – 6 per week	1 per day	2 – 3 per day	4 – 6 per day	7 or more per day
12. Sugar, jam and other spreads										
Sugar (on cereals and in drinks but not in cooking)	1 teaspoon									
Jam, honey or marmalade	1 teaspoon									
Peanut Butter	1 teaspoon									
Chocolate spread	1 teaspoon									
Marmite	1 serving									
Butter or margarine	1 teaspoon									
13. Crisps, nuts and savoury snacks										
Regular crisps (all types)	1 small bag									
Reduced fat crisps (all types)	1 small bag									
Other savoury snacks (Quavers, popcorn etc.)	1 small bag									
Peanuts and other nuts	1 small bag									
Savoury biscuits, crackers or breadsticks	1 biscuit or 2 sticks									
14. Biscuits and cakes										
Plain biscuits (e.g. Rich Tea, Digestive, ginger nuts)	1 biscuit									
Fancy biscuits (e.g. creams, iced biscuits)	1 biscuit									
Chocolate biscuits or cookies (all types)	1 biscuit									
Cereal bars or flapjacks	1 bar or slice									
Scones or pancakes	1 piece									
Doughnuts, muffins or pastries	1 piece									
Fruit cake or malt loaf	1 small slice									
Plain cakes	1 small slice									
Cakes with icing	1 small slice									
Cream cakes or gateaux	1 small slice									
15. Desserts										
Mousse, blancmange or trifle	1 small pot or 2 tablespoons									
Jelly	1 tablespoon									
Milk puddings (e.g. rice, semolina)	1 tablespoon									
Sponge puddings (jam, steamed, syrup etc.)	1 tablespoon									
Fruit tarts, crumbles or pies	1 small slice or 1 tablespoon									
Custard	1 tablespoon									
Cheesecake	1 small slice									

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Food	Measure	Rarely or never	One or two per month	1 per week	2 – 3 per week	4 – 6 per week	1 per day	2 – 3 per day	4 – 6 per day	7 or more per day
16. Sweets, chocolates and ice-creams										
Boiled, chewy or chocolate sweets (e.g. toffee, chews, fruit gums)	1 small packet									
Chocolate bars (e.g. Mars, Milky Way, Dairy Milk)	1 small bar									
Wrapped ice creams (e.g. Solero, Cornetto, choc ice)	1 ice-cream									
Other ice cream (all flavours)	1 scoop or 1 small tub									
Iced lollies	1 lolly									

17. Other foods

Please enter details of any foods or drinks which you have at least once a week which have not been included in the questionnaire above

Food or drink description	Amount usually consumed	1 per week	2 – 3 per week	4 – 6 per week	1 per day	2 – 3 per day	4 – 6 per day	7 or more per day

18. Brand details

Please give full details of the types (including brand name if possible) of any of the following foods which you usually have

Butter or Margarine (e.g. Flora Buttery)

.....

Office code

.....

Office code

Oil or fat used for home cooking (e.g. Tesco corn oil)

.....

Office code

.....

Office code

19. Dietary supplements

Please give as full details as possible (including brand name and amount used) of any supplements

	Brand name and strength	Amount usually taken per week (e.g. 7 tablets, 2 teaspoons)
Vitamins or multivitamins		
Cod liver oil or other oil		
Other supplement		

20. Any other information on your diet

Date of completing questionnaire