

Appendix J: List of foods included in each food group

Each food or drink listed on the FFQ was categorized into 33 food groups as shown in Table J1 below.

Table J1 List of foods from the FFQ in each food group

Food Group	FFQ question number	FFQ description
Pasta, rice, pizza and other cereals	7g 7h 7i 8a	Pasta or couscous Rice Noodles (all types) Pizza
White and other bread	2a 2b 2d 2e	White bread or rolls Brown or granary bread or rolls Croissants, garlic bread or Aberdeen Rolls Pitta, naan, tortilla, bagel etc
Wholemeal bread	2c	Wholemeal bread or rolls
Unsweetened breakfast cereals including muesli	1a 1c 1d	Unsweetened cereals Ready Brek or porridge Muesli
Sweetened breakfast cereals	1b	Sweetened cereals
Biscuits, cakes and pastries	13e 14a 14b 14c 14d 14e 14f 14g 14h 14i 14j	Savoury biscuits, crackers or breadsticks Plain biscuits Fancy biscuits Chocolate biscuits Cereal bars or flapjacks Scones or pancakes Doughnuts, muffins or pastries Fruit cake or malt loaf Plain cakes Cakes with icing Cream cakes or gateaux
Puddings	15a 15b 15c 15d 15e 15f 15g	Mousse Jelly Milk puddings Sponge puddings Fruit tarts, crumbles or pies Custard Cheesecake
Milk and cream	3a 3b 3c 3d 3e 4e	Full fat cow's milk Semi-skimmed cow's milk Skimmed cow's milk Soya milk Flavoured milk Cream

Food Group	FFQ question number	FFQ description
Cheese	4f 4g 4h 4i	Full fat cream cheese Cheddar cheese Edam, cheese spreads Low fat cheese
Yoghurt and fromage frais	4a 4b 4c 4d	Drinking yogurts Flavoured yogurts Fromage Frais Natural, low fat or low calorie yogurt
Ice cream	16c 16d	Wrapped ice creams Other ice cream
Eggs and egg dishes	4j 8b	Eggs Quiche
Fats and oils	12f	Butter or margarine
Meats and meat dishes, excluding processed meat	5b 5e 5f 5h 5j	Meat sauce Bacon or gammon Cold ham or turkey Stewed, fried or grilled meat Other chicken or turkey
Processed meat including sausages, burgers, coated chicken	5a 5c 5d 5g 5i 5k	Meat burgers or mince Frankfurters Sausages Salami etc. Chicken nuggets Meat or chicken pies, pasties, sausage roll
Fish and fish dishes, excluding oily fish	6a 6b 6c 6d 6h 6j	Fish fingers Fish cakes or fish pie Grilled or poached white fish Fried or battered white fish or scampi Tuna Prawns
Oily fish and dishes	6e 6f 6g 6i	Grilled oily fish Fried oily fish Smoked oily fish Tinned salmon, sardines, mackerel, pilchards

Food Group	FFQ question number	FFQ description
Vegetables excluding potatoes and baked beans	8c 8d 8f 8n 9a 9b 9c 9d 9e 9f 9g 9h 9i 9j 9k 9l 9m 9o 9p	Quorn, Soya or Tofu Nut roast, nut burgers or vegetable burgers Other beans or lentils (excluding soups) Hummus Mixed vegetable dishes (e.g. curry, stir-fry, bake) Peas or green beans Sweetcorn Broccoli Cabbage Spinach Other green veg. Cauliflower, swede (neeps) or turnip Raw carrots Cooked carrots Onions Tomatoes Peppers Other salad veg Coleslaw
Baked beans	8e	Baked beans
Chips, fried and roast potatoes and potato products	7b 7c 7d 7e 7f	Potato croquettes or waffles Roast or fried potatoes Oven chips Home cooked chips Bought chips
Other potatoes, potato salads and dishes	7a 9q	Boiled, mashed or baked potatoes Potato salad
Crisps and savoury snacks	13a 13b 13c	Regular crisps Reduced fat crisps Other savoury snacks
Fruit, excluding fruit juice	10a 10b 10c 10d 10e 10f 10g 10h 10i 9n	Fresh fruit salad Tinned fruit (all kinds) Apples Oranges Bananas Grapes, melon, pear Kiwi Other fruit Dried fruit Olives
Nuts and seeds	12c 13d	Peanut butter Nuts
Sugar and preserves	12a 12b 12d	Sugar (added) Jam etc Chocolate spread
Confectionery	16a 16b 16e	Boiled, chewy sweets or chocolate Chocolate bars Iced lollies

Food Group	FFQ question number	FFQ description
Fruit juice including smoothies	11a 11b 11m (C2 - 11o)	Pure apple juice Other pure fruit juice Smoothies
Soft drinks, not diet	11c 11d 11f 11h 11j	High juice fruit drinks Regular fruit juice drinks Blackcurrant diluting juice Orange, lemon etc. diluting juice Regular fizzy drinks
Soft drinks, diet	11e 11g 11i 11k	Other fruit flavoured drinks including flavoured water No added sugar blackcurrant diluting juice No added sugar orange, lemon or other diluting juice Low calorie fizzy drinks
Alcoholic drinks (not in version C2)	11q 11r 11s 11t 11u	Alcopops Lager or beer Cider Wine Spirits or liqueurs
Tea, coffee and water	11l (C2 – 11n) 11o (C2 – 11m) 11p	Water Tea (regular) Coffee
Beverages (dry wt)	11n (C2 – 11l)	Drinking chocolate
Soups and sauces	8g 8h 8i 8j 8k 8l 8m 12e	Canned or dried soup Home made soup Bottled sauces (e.g.ketchup) Tomato sauce Other sauce Gravy Mayonnaise or salad cream Marmite