

SEYCHELLES CHILD DEVELOPMENT STUDY NC2 DIET QUESTIONNAIRE

Surname

Subject ID

First Name(s)

Address

Questionnaire No

.....

Group Code

.....

Survey

Phone

Female

Date of Birth Date of Survey

The following questions are about the foods you usually eat.
Please indicate how often you had each food/drink, on average,
DURING THE PAST 6 MONTHS. Circle the answer as in this
example:

- | | |
|-----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

If your answer is 2-4 times per week, circle '5', as shown.

PLEASE ANSWER EVERY QUESTION

BEVERAGES

Please enter your **AVERAGE** total use, **DURING THE PAST 6 MONTHS**, of each specified beverage

- | | | |
|--|----------------------------|----------------------|
| 1. Pure fruit juice bought from shop e.g. Liquifruit, Ceres or homemade juice e.g. lime, orange, mango.. | 9 Never | 4 5-6 times per week |
| | 8 1 time per month or less | 3 1 time per day |
| | 7 2-3 times per month | 2 2-3 times per day |
| | 6 1 time per week | 1 4-5 times per day |
| | 5 2-4 times per week | |

Each time you drink pure fruit juice, how much do you usually drink?

1. Less than one glass
2. One glass
3. One carton (250ml)
4. One can (330 ml)

2. Water (tap water, bottled water)

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

Each time you drink water, how much do you usually drink?

1. Less than one glass
2. One glass
3. One bottle

☐ ☐ ☐ ☐
☐ ☐ ☐ ☐ 1-8

☐ 9

☐ 10

☐ ☐ 11-12

☐ 13

☐ ☐ 14-15

☐ ☐ 16-17

☐ ☐ ☐ ☐ 18-21

☐ ☐ 22-23

☐ ☐ 24-25

☐ ☐ ☐ ☐ 26-29

☐ 30

☐ 31

☐ 32

☐ 33

3. Fizzy drinks e.g. cola, lemonade, soda, sprite (diet or non-diet)

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

☐ 34

Each time you have a fizzy drink, how much do you usually drink?

1. Less than one glass
2. One glass
3. One small bottle (300ml)
4. One can (330ml)
5. One small pet bottle (500ml)

☐ 35

4. Tea/Coffee

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

☐ 36

When you drink tea/coffee, how much do you have at a time?

1. One cup
2. One mug
3. Two or more cups
4. Two or more mugs

☐ 37

5. What milk would you usually add to your tea/coffee (please choose one)?

1. None
2. Semi-skimmed liquid milk e.g. Slimilk (SMB), Rainbow
3. Full cream liquid milk
4. Skimmed powdered (Anlene)
5. Semi-skimmed powdered (Anmum)
6. Full cream powdered (Nido, Melody, Anchor, Coast)
7. Evaporated milk
8. Condensed milk
9. Skimmed (non-fat) liquid milk

☐ 38

6. How much sugar would you usually add to your tea/coffee? teaspoons

☐ 39

7. Drinking chocolate/ovaltine/milo/horlicks/bournvita/nesquik (cup)

☐ 40

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

8. What milk would you usually add to your chocolate (please choose one)?

☐ 41

1. None
2. Semi-skimmed liquid milk e.g. Slimilk (SMB), Rainbow
3. Full cream liquid milk
4. Skimmed powdered (Anlene)
5. Semi-skimmed powdered (Anmum)
6. Full cream powdered (Nido, Melody, Anchor, Coast)
7. Evaporated milk
8. Condensed milk
9. Skimmed (non-fat) liquid milk

9. How much sugar would you usually add to your chocolate? teaspoons

☐ 42

10. Milk

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

☐ 43

Each time you drink milk, how much do you usually drink (glasses)?.....

☐ 44

What type of milk would you usually drink?

☐ 45

1. Semi skimmed milk e.g. Slimilk (SMB)
2. Full cream liquid milk
3. Skimmed powdered, made up with water e.g. Anlene
4. Semi skimmed powdered, made up with water
5. Full cream powdered made up with water e.g. Nido, Melody, An
6. Flavoured milk e.g. perette, milo
7. Other (please specify)

11. Alcohol
(bottle/can/glass)

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

☐ 46

Each time you drink alcohol, how much do you usually drink?

☐ 47

1. Less than one glass
2. One glass
3. One bottle/can
4. Two bottles/cans
5. Three bottles/cans
6. Four bottles/cans
7. Five or more bottles/cans

State the type(s) of alcohol that you USUALLY consume?

☐ 48**FRUITS****Please enter your AVERAGE total use, DURING THE PAST 6 MONTHS, of each specified fruit**

12. Mangoes

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

☐ 49

13. Bananas

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

☐ 50

14. Apples

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

☐ 5115. Custard apple/sweetsop/ox-heart
(zat, serimolya, ker-d-bef)

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

☐ 52

16. Oranges/mandarin/grapefruit/citron	9 Never	4 5-6 times per week
	8 1 time per month or less	3 1 time per day
	7 2-3 times per month	2 2-3 times per day
	6 1 time per week	1 4-5 times per day
	5 2-4 times per week	
17. Guava	9 Never	4 5-6 times per week
	8 1 time per month or less	3 1 time per day
	7 2-3 times per month	2 2-3 times per day
	6 1 time per week	1 4-5 times per day
	5 2-4 times per week	
18. Papaya	9 Never	4 5-6 times per week
	8 1 time per month or less	3 1 time per day
	7 2-3 times per month	2 2-3 times per day
	6 1 time per week	1 4-5 times per day
	5 2-4 times per week	
19. Jamalac	9 Never	4 5-6 times per week
	8 1 time per month or less	3 1 time per day
	7 2-3 times per month	2 2-3 times per day
	6 1 time per week	1 4-5 times per day
	5 2-4 times per week	
20. Passion fruit	9 Never	4 5-6 times per week
	8 1 time per month or less	3 1 time per day
	7 2-3 times per month	2 2-3 times per day
	6 1 time per week	1 4-5 times per day
	5 2-4 times per week	
21. Star fruit (karanbol)	9 Never	4 5-6 times per week
	8 1 time per month or less	3 1 time per day
	7 2-3 times per month	2 2-3 times per day
	6 1 time per week	1 4-5 times per day
	5 2-4 times per week	
22. Melon	9 Never	4 5-6 times per week
	8 1 time per month or less	3 1 time per day
	7 2-3 times per month	2 2-3 times per day
	6 1 time per week	1 4-5 times per day
	5 2-4 times per week	
23. Jackfruit (zak)	9 Never	4 5-6 times per week
	8 1 time per month or less	3 1 time per day
	7 2-3 times per month	2 2-3 times per day
	6 1 time per week	1 4-5 times per day
	5 2-4 times per week	
24. Canned fruit cocktail (fri-o-zi dan bwat)	9 Never	4 5-6 times per week
	8 1 time per month or less	3 1 time per day
	7 2-3 times per month	2 2-3 times per day
	6 1 time per week	1 4-5 times per day
	5 2-4 times per week	
25. Dried fruits, e.g. sultanas, raisins, dates	9 Never	4 5-6 times per week
	8 1 time per month or less	3 1 time per day
	7 2-3 times per month	2 2-3 times per day
	6 1 time per week	1 4-5 times per day
	5 2-4 times per week	



26. Other fruit e.g.kiwi, apricots, peaches

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

☐ 63

27. In summary, how often do you eat fruit?

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

☐ 64

VEGETABLES

Please enter your AVERAGE total use, DURING THE PAST 6 MONTHS, of each specified vegetable

28. Bilimbi (bilenbi)

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

☐ 65

29. Margo, patol, kalbas, pousinika

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

☐ 66

30. Cabbage (sou)

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

☐ 67

31. Carrots

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

☐ 68

32. Courgettes

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

☐ 69

33. Cucumber

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

☐ 70

34. Green beans (zariko)

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

☐ 71

35. Lentils, cooked

9 Never	4 5-6 times per week
8 1 time per month or less	3 1 time per day
7 2-3 times per month	2 2-3 times per day
6 1 time per week	1 4-5 times per day
5 2-4 times per week	

☐ 72

36. Other pulses e.g. kidney beans, chick peas

9 Never	4 5-6 times per week
8 1 time per month or less	3 1 time per day
7 2-3 times per month	2 2-3 times per day
6 1 time per week	1 4-5 times per day
5 2-4 times per week	

☐ 73

37. Lettuce

9 Never	4 5-6 times per week
8 1 time per month or less	3 1 time per day
7 2-3 times per month	2 2-3 times per day
6 1 time per week	1 4-5 times per day
5 2-4 times per week	

☐ 74

38. Onions

9 Never	4 5-6 times per week
8 1 time per month or less	3 1 time per day
7 2-3 times per month	2 2-3 times per day
6 1 time per week	1 4-5 times per day
5 2-4 times per week	

☐ 75
39. Peas
(pti pwa)

9 Never	4 5-6 times per week
8 1 time per month or less	3 1 time per day
7 2-3 times per month	2 2-3 times per day
6 1 time per week	1 4-5 times per day
5 2-4 times per week	

☐ 76
40. Capsicums
(gro piman)

9 Never	4 5-6 times per week
8 1 time per month or less	3 1 time per day
7 2-3 times per month	2 2-3 times per day
6 1 time per week	1 4-5 times per day
5 2-4 times per week	

☐ 77

41. Pumpkin

9 Never	4 5-6 times per week
8 1 time per month or less	3 1 time per day
7 2-3 times per month	2 2-3 times per day
6 1 time per week	1 4-5 times per day
5 2-4 times per week	

☐ 78

42. Sousout

9 Never	4 5-6 times per week
8 1 time per month or less	3 1 time per day
7 2-3 times per month	2 2-3 times per day
6 1 time per week	1 4-5 times per day
5 2-4 times per week	

☐ 79

43. Sweetcorn

9 Never	4 5-6 times per week
8 1 time per month or less	3 1 time per day
7 2-3 times per month	2 2-3 times per day
6 1 time per week	1 4-5 times per day
5 2-4 times per week	

☐ 80

44. Tomatoes

9 Never	4 5-6 times per week
8 1 time per month or less	3 1 time per day
7 2-3 times per month	2 2-3 times per day
6 1 time per week	1 4-5 times per day
5 2-4 times per week	

☐ 81

45. Tomato sauce/ketchup	9 Never 8 1 time per month or less 7 2-3 times per month 6 1 time per week 5 2-4 times per week	4 5-6 times per week 3 1 time per day 2 2-3 times per day 1 4-5 times per day	<input type="checkbox"/> 82
46. Chilli sauce, bottled	9 Never 8 1 time per month or less 7 2-3 times per month 6 1 time per week 5 2-4 times per week	4 5-6 times per week 3 1 time per day 2 2-3 times per day 1 4-5 times per day	<input type="checkbox"/> 83
47. Mixed vegetables	9 Never 8 1 time per month or less 7 2-3 times per month 6 1 time per week 5 2-4 times per week	4 5-6 times per week 3 1 time per day 2 2-3 times per day 1 4-5 times per day	<input type="checkbox"/> 84
48. Watercress (kreson)	9 Never 8 1 time per month or less 7 2-3 times per month 6 1 time per week 5 2-4 times per week	4 5-6 times per week 3 1 time per day 2 2-3 times per day 1 4-5 times per day	<input type="checkbox"/> 85
49. Other vegetables eg. mushrooms, beetroot, okra, broccoli...	9 Never 8 1 time per month or less 7 2-3 times per month 6 1 time per week 5 2-4 times per week	4 5-6 times per week 3 1 time per day 2 2-3 times per day 1 4-5 times per day	<input type="checkbox"/> 86
50. In summary, how often do you eat vegetables?	9 Never 8 1 time per month or less 7 2-3 times per month 6 1 time per week 5 2-4 times per week	4 5-6 times per week 3 1 time per day 2 2-3 times per day 1 4-5 times per day	<input type="checkbox"/> 87

FRICASSE/CHUTNEY DISHES

Please enter your AVERAGE total use, DURING THE PAST 6 MONTHS, of each specified dish

51. Fricasse (pumpkin, 'kalbas, pousinika', lantiy)	9 Never 8 1 time per month or less 7 2-3 times per month 6 1 time per week 5 2-4 times per week	4 5-6 times per week 3 1 time per day 2 2-3 times per day 1 4-5 times per day	<input type="checkbox"/> 88
52. Chutney (golden apple, mango, 'sousout', pawpaw, radish, eggplant,	9 Never 8 1 time per month or less 7 2-3 times per month 6 1 time per week 5 2-4 times per week	4 5-6 times per week 3 1 time per day 2 2-3 times per day 1 4-5 times per day	<input type="checkbox"/> 89
53. Fish chutney (includes salted fish chutney)	9 Never 8 1 time per month or less 7 2-3 times per month 6 1 time per week 5 2-4 times per week	4 5-6 times per week 3 1 time per day 2 2-3 times per day 1 4-5 times per day	<input type="checkbox"/> 90

POTATOES

Please enter your **AVERAGE** total use, **DURING THE PAST 6 MONTHS**, of each specified dish

- | | | | | |
|--|---|--------------------------|---|--------------------|
| 54. Potato chips (home-made, Take-away...) | 9 | Never | 4 | 5-6 times per week |
| | 8 | 1 time per month or less | 3 | 1 time per day |
| | 7 | 2-3 times per month | 2 | 2-3 times per day |
| | 6 | 1 time per week | 1 | 4-5 times per day |
| | 5 | 2-4 times per week | | |

☐ 91

- | | | | | |
|--|---|--------------------------|---|--------------------|
| 55. Potato salad, boiled/roast potato, potato cooked in dishes | 9 | Never | 4 | 5-6 times per week |
| | 8 | 1 time per month or less | 3 | 1 time per day |
| | 7 | 2-3 times per month | 2 | 2-3 times per day |
| | 6 | 1 time per week | 1 | 4-5 times per day |
| | 5 | 2-4 times per week | | |

☐ 92

- | | | | | |
|---|---|--------------------------|---|--------------------|
| 56. Potato crisps
e.g. Jacker, Pringles... | 9 | Never | 4 | 5-6 times per week |
| | 8 | 1 time per month or less | 3 | 1 time per day |
| | 7 | 2-3 times per month | 2 | 2-3 times per day |
| | 6 | 1 time per week | 1 | 4-5 times per day |
| | 5 | 2-4 times per week | | |

☐ 93

SNACKS

Please enter your **AVERAGE** total use, **DURING THE PAST 6 MONTHS**, of each specified snack

- | | | | | |
|---|---|--------------------------|---|--------------------|
| 57. Corn snacks e.g. twisties, NikNaks (packet) | 9 | Never | 4 | 5-6 times per week |
| | 8 | 1 time per month or less | 3 | 1 time per day |
| | 7 | 2-3 times per month | 2 | 2-3 times per day |
| | 6 | 1 time per week | 1 | 4-5 times per day |
| | 5 | 2-4 times per week | | |

☐ 94

- | | | | | |
|---|---|--------------------------|---|--------------------|
| 58. Nuts e.g peanuts, cashews, macademia nuts | 9 | Never | 4 | 5-6 times per week |
| | 8 | 1 time per month or less | 3 | 1 time per day |
| | 7 | 2-3 times per month | 2 | 2-3 times per day |
| | 6 | 1 time per week | 1 | 4-5 times per day |
| | 5 | 2-4 times per week | | |

☐ 95

- | | | | | |
|------------------------|---|--------------------------|---|--------------------|
| 59. Chilli cakes (one) | 9 | Never | 4 | 5-6 times per week |
| | 8 | 1 time per month or less | 3 | 1 time per day |
| | 7 | 2-3 times per month | 2 | 2-3 times per day |
| | 6 | 1 time per week | 1 | 4-5 times per day |
| | 5 | 2-4 times per week | | |

☐ 96

- | | | | | |
|--|---|--------------------------|---|--------------------|
| 60. Meat patties (one)
(pate/boulet pwason) | 9 | Never | 4 | 5-6 times per week |
| | 8 | 1 time per month or less | 3 | 1 time per day |
| | 7 | 2-3 times per month | 2 | 2-3 times per day |
| | 6 | 1 time per week | 1 | 4-5 times per day |
| | 5 | 2-4 times per week | | |

☐ 97

- | | | | | |
|--|---|--------------------------|---|--------------------|
| 61. Local chips (cassava, breadfruit, banana (homemade/bought) | 9 | Never | 4 | 5-6 times per week |
| | 8 | 1 time per month or less | 3 | 1 time per day |
| | 7 | 2-3 times per month | 2 | 2-3 times per day |
| | 6 | 1 time per week | 1 | 4-5 times per day |
| | 5 | 2-4 times per week | | |

☐ 98

- | | | | | |
|------------|---|--------------------------|---|--------------------|
| 62. Moutay | 9 | Never | 4 | 5-6 times per week |
| | 8 | 1 time per month or less | 3 | 1 time per day |
| | 7 | 2-3 times per month | 2 | 2-3 times per day |
| | 6 | 1 time per week | 1 | 4-5 times per day |
| | 5 | 2-4 times per week | | |

☐ 99

63. Moulouk

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

☐ 100

64. Samosa

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

☐ 101

What would usually be in the samosa (please select one)?

1. Meat
2. Fish
3. Vegetables only

☐ 102

DAIRY

Please enter your **AVERAGE** total use, **DURING THE PAST 6 MONTHS**, of each specified item

65. Custard

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

☐ 103

66. What milk would you usually use to make custard?

1. None
2. Semi-skimmed liquid milk e.g. Slimilk (SMB), Rainbow
3. Full cream liquid milk
4. Skimmed powdered (Anlene)
5. Semi-skimmed powdered (Anmum)
6. Full cream powdered (Nido, Melody, Anchor, Coast)
7. Evaporated milk
8. Condensed milk
9. Skimmed (non-fat) liquid milk

☐ 104

67. Ice cream

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

☐ 105

68. Yogurt

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

☐ 106

69. Cheese

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

☐ 107

70. Mayonnaise

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

☐ 108

EGGS and MEAT

Please enter your **AVERAGE** total use, **DURING THE PAST 6 MONTHS**, of each specified item

71. Eggs (one whole)

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

☐ 109

72. Bacon (two slices)

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

☐ 110
73. Sausages - meat
(one)

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

☐ 111
74. Creole sausages or frankfurters
(one)

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

☐ 112

75. Burgers – meat

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

☐ 113
76. Presack/ham/salami
(one slice)

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

☐ 114
77. Pate (spread on bread/rolls/
biscuits)

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

☐ 115
78. Processed meat, e.g.
corned beef/luncheon meat

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

☐ 116

79. Chicken

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

☐ 117

80. If you eat chicken, do you eat the skin?

Yes / No

☐ 118

81. Beef

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

☐ 119

82. Pork

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

☐ 120

83. Lamb

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

☐ 121

84. Pasta (macaroni, spaghetti, lasagne) cooked with meat/meat products e.g. minced meat, corned beef, ham, bacon...

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

☐ 122

85. Noodles cooked with meat/meat products

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

☐ 123

86. Meat organs (eg. liver, heart, kidneys, giblets)

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

☐ 124

87. Black pudding

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

☐ 125**CEREALS and BREADS****Please enter your AVERAGE total use, DURING THE PAST 6 MONTHS, of each specified item**

88. Oatmeal/porridge (bowl)

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

☐ 126

How much would you usually eat?

1. Small
2. Medium
3. Large

☐ 127

89. What do you usually add to your oatmeal (please choose one)?

1. None
2. Semi-skimmed liquid milk e.g. Slimilk (SMB), Rainbow
3. Full cream liquid milk
4. Skimmed powdered (Anlene)
5. Semi-skimmed powdered (Anmum)
6. Full cream powdered (Nido, Melody, Anchor, Coast)
7. Evaporated milk
8. Condensed milk
9. Skimmed (non-fat) liquid milk

90. Other cereal e.g. cornflakes, weetabix, muesli, rice krispies, cerealac

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

91. Which other type of cereal would you have?

92. What type of milk would you usually add (please choose one)?

1. None
2. Semi-skimmed liquid milk e.g. Slimilk (SMB), Rainbow
3. Full cream liquid milk
4. Skimmed powdered (Anlene)
5. Semi-skimmed powdered (Anmum)
6. Full cream powdered (Nido, Melody, Anchor, Coast)
7. Evaporated milk
8. Condensed milk
9. Skimmed (non-fat) liquid milk

93. White bread
(slice, roll, baguette)

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

94. Brown/granary bread

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

95. Plain rice

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

How many spoons would you have?

- | | |
|----------------------------|---------------------------------|
| 1. 2-3 tablespoons | 5. 1 rice cooker spoon |
| 2. 4-5 tablespoons | 6. 2 rice cooker spoons |
| 3. 6-8 tablespoons | 7. 3 rice cooker spoons |
| 4. more than 8 tablespoons | 8. 4 or more rice cooker spoons |

96. Fried rice

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

☐ 128

☐ 129

☐ 130

☐ 131

☐ 132

☐ 133

☐ 134

☐ 135

☐ 136

How many spoons of fried rice would you have?

- | | |
|----------------------------|---------------------------------|
| 1. 2-3 tablespoons | 5. 1 rice cooker spoon |
| 2. 4-5 tablespoons | 6. 2 rice cooker spoons |
| 3. 6-8 tablespoons | 7. 3 rice cooker spoons |
| 4. more than 8 tablespoons | 8. 4 or more rice cooker spoons |

☐ 137

97. Pizza

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

☐ 138

98. When you have pizza, how many slices would you usually eat?

1. One
2. Two
3. Three
4. Four
5. Five
6. Six or more

☐ 139

BOUILLON DISHES

Please enter your **AVERAGE** total use, **DURING THE PAST 6 MONTHS**, of each specified dish

99. Bouillon bred with fish

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

☐ 140

100. For your bouillon bred, which fish do you mostly have and which oil do you generally use? (please select one option only)

1. Shoemaker (kordonnyen), use palm oil e.g. turkey
2. Red snapper (bourzwa), use palm oil e.g. turkey
3. Grouper (vyey), use palm oil e.g. turkey
4. Other fish, use palm oil e.g. turkey
5. Shoemaker (kordonnyen), use other oil e.g. sunflower, olive
6. Red snapper (bourzwa), use other oil e.g. sunflower, olive
7. Grouper (vyey), use other oil e.g. sunflower, olive
8. Other fish, use other oil e.g. sunflower, olive

☐ 141

101. Bouillon bred (no fish)

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

☐ 142

102. When you have bouillon bred (no fish), which oil do you generally use?

1. Palm oil e.g. turkey oil
2. Other oil e.g. sunflower/olive
3. No oil

☐ 143

103. Bouillon blan

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

☐ 144

104. For your bouillon blan, which fish do you mostly have and which oil do you generally use? (please select one option only)

1. shoemaker (kordonnyen), palm oil e.g turkey
2. red snapper (bourzwa), palm oil e.g turkey
3. grouper (vyey), palm oil e.g turkey oil
4. other fish, palm oil e.g. turkey oil
5. shoemaker (kordonnyen), other oil e.g sunflower, olive
6. red snapper (bourzwa), other oil e.g. sunflower, olive
7. grouper (vyey), other oil e.g. sunflower, olive
8. other fish, other oil e.g. sunflower, olive

FISH

Please enter your **AVERAGE** total use, **DURING THE PAST 6 MONTHS**, of each specified fish (one fillet fried/grilled)

105. Karang

9 Never	4 5-6 times per week
8 1 time per month or less	3 1 time per day
7 2-3 times per month	2 2-3 times per day
6 1 time per week	1 4-5 times per day
5 2-4 times per week	

106. Barracuda (Bekin, Tazar)

9 Never	4 5-6 times per week
8 1 time per month or less	3 1 time per day
7 2-3 times per month	2 2-3 times per day
6 1 time per week	1 4-5 times per day
5 2-4 times per week	

107. Tuna (Ton) fresh, not canned

9 Never	4 5-6 times per week
8 1 time per month or less	3 1 time per day
7 2-3 times per month	2 2-3 times per day
6 1 time per week	1 4-5 times per day
5 2-4 times per week	

108. Red snapper (Bourzwa, Etelis, Varavara, Terez)

9 Never	4 5-6 times per week
8 1 time per month or less	3 1 time per day
7 2-3 times per month	2 2-3 times per day
6 1 time per week	1 4-5 times per day
5 2-4 times per week	

109. Grouper (Vyey)

9 Never	4 5-6 times per week
8 1 time per month or less	3 1 time per day
7 2-3 times per month	2 2-3 times per day
6 1 time per week	1 4-5 times per day
5 2-4 times per week	

110. Parrot fish (Kakatwa, Marar)

9 Never	4 5-6 times per week
8 1 time per month or less	3 1 time per day
7 2-3 times per month	2 2-3 times per day
6 1 time per week	1 4-5 times per day
5 2-4 times per week	

111. Spinefoot shoemaker (Kordonyen)

9 Never	4 5-6 times per week
8 1 time per month or less	3 1 time per day
7 2-3 times per month	2 2-3 times per day
6 1 time per week	1 4-5 times per day
5 2-4 times per week	

☐ 145

☐ 146

☐ 147

☐ 148

☐ 149

☐ 150

☐ 151

☐ 152

112. Mackerel (Makro)

9 Never	4 5-6 times per week
8 1 time per month or less	3 1 time per day
7 2-3 times per month	2 2-3 times per day
6 1 time per week	1 4-5 times per day
5 2-4 times per week	



113. Emperor fish (Baksou, Madanm Beri, Kaptenn, Gel long, Zekler, Ziblo)

9 Never	4 5-6 times per week
8 1 time per month or less	3 1 time per day
7 2-3 times per month	2 2-3 times per day
6 1 time per week	1 4-5 times per day
5 2-4 times per week	



114. Job (Zob)

9 Never	4 5-6 times per week
8 1 time per month or less	3 1 time per day
7 2-3 times per month	2 2-3 times per day
6 1 time per week	1 4-5 times per day
5 2-4 times per week	



115. Bonito (Bonit)

9 Never	4 5-6 times per week
8 1 time per month or less	3 1 time per day
7 2-3 times per month	2 2-3 times per day
6 1 time per week	1 4-5 times per day
5 2-4 times per week	



116. Octopus

9 Never	4 5-6 times per week
8 1 time per month or less	3 1 time per day
7 2-3 times per month	2 2-3 times per day
6 1 time per week	1 4-5 times per day
5 2-4 times per week	



117. Tinned tuna

9 Never	4 5-6 times per week
8 1 time per month or less	3 1 time per day
7 2-3 times per month	2 2-3 times per day
6 1 time per week	1 4-5 times per day
5 2-4 times per week	



118. Tinned sardines

9 Never	4 5-6 times per week
8 1 time per month or less	3 1 time per day
7 2-3 times per month	2 2-3 times per day
6 1 time per week	1 4-5 times per day
5 2-4 times per week	



119. Shark (reken)

9 Never	4 5-6 times per week
8 1 time per month or less	3 1 time per day
7 2-3 times per month	2 2-3 times per day
6 1 time per week	1 4-5 times per day
5 2-4 times per week	



120. Salted fish

9 Never	4 5-6 times per week
8 1 time per month or less	3 1 time per day
7 2-3 times per month	2 2-3 times per day
6 1 time per week	1 4-5 times per day
5 2-4 times per week	



121. Prawns

9 Never	4 5-6 times per week
8 1 time per month or less	3 1 time per day
7 2-3 times per month	2 2-3 times per day
6 1 time per week	1 4-5 times per day
5 2-4 times per week	



122. Crab/lobster

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

☐ 163123. Other fish, e.g.swordfish
sirizyen, madanm beri,sardin,
rouze, dorad,galate,marlin
kingfish, etc..

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

☐ 164**SWEETS, CAKES, DESSERTS and OTHER FOODS****Please enter your AVERAGE total use, DURING THE PAST 6 MONTHS, of each specified food**124. Chocolate (bar or packet)
e.g. dairy milk, wonder bar

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

☐ 165125. Sweets (packet) e.g.
boiled sweets, pastilles

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

☐ 166

126. Biscuits

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

☐ 167

127. When you have biscuits, how many would you have each time?

1. one - two
2. three - four
3. five - six
4. seven - eight
5. nine or more

☐ 168

128. Feyte/tourt/danish

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

☐ 169129. Fruit cake/sponge cake/vanilla
slice/other cake

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

☐ 170

130. Trifle

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

☐ 171

131. Ladob

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

☐ 172
132. Creme brulee
/crème caramel

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

☐ 173

FATS AND OILS

Please enter your **AVERAGE** total use, **DURING THE PAST 6 MONTHS**, of each specified item

133. What do you usually spread on your bread (e.g. butter, margarine..)?

Type Brand

☐ 174
134. How often do you have
fried foods, e.g. chips, fish,
bacon, sausages, eggs?

- | | |
|----------------------------|----------------------|
| 9 Never | 4 5-6 times per week |
| 8 1 time per month or less | 3 1 time per day |
| 7 2-3 times per month | 2 2-3 times per day |
| 6 1 time per week | 1 4-5 times per day |
| 5 2-4 times per week | |

☐ 175

135. What oil do you use for frying foods in?

1. Palm oil e.g. turkey oil
2. Other oil e.g sunflower/olive oil/soyabean oil

☐ 176

136. What oil do you use for cooking other than frying e.g curries/stews?

.....

☐ 177

137. What oil do you use for salads?

.....

☐ 178

THANK YOU FOR COMPLETING THIS QUESTIONNAIRE