



Acknowledgments must be given to University College London, Department of Epidemiology and Public Health if this questionnaire is used or modified



Fruit and Vegetables Questionnaire

How often do you usually give your baby the following types of vegetables these days?

	More than once a day	Once a day	4-6 days per week	1-3 days per week	At least once a month	Less than once a month	Never
Chips							
Other potatoes (e.g. boiled, baked, mashed)							
Sweet potato, yam, cassava, squash or pumpkin							
Carrots (fresh, tinned or frozen)							
Other root vegetables e.g. parsnips, turnips, swedes							
Leafy green vegetables e.g. cabbage, broccoli, cauliflower, spinach							
Peas (fresh, tinned or frozen)							
Other green vegetables e.g. courgettes, okra, green beans							
Baked beans							
Other beans & pulses e.g. lentils, chick peas, red kidney beans							
Tomatoes (fresh or tinned)							

(OFFICE USE)

Please turn over....

How often do you usually give your baby the following types of fruit these days?

	More than once a day	Once a day	4-6 days per week	1-3 days per week	At least once a month	Less than once a month	Never
Bananas							
Citrus fruits (fresh) e.g. oranges, tangerines, satsumas, mangoes							
Soft fruit (fresh) e.g. peaches, nectarines, grapes, plums							
Dried fruit e.g. raisins, dates, apricots, figs							
Tinned fruit e.g. tinned peaches, pineapple, fruit salad							

How often do you usually give your baby the following fruits/vegetables these days?
Does your baby usually eat the skin? (Please tick Yes or No)

	More than once a day	Once a day	4-6 days per week	1-3 days per week	At least once a month	Less than once a month	Never	Skin usually eaten?	
								Yes	No
Potatoes (boiled)									
New potatoes (boiled)									
Baked/jacket potatoes									
Apples (fresh)									
Pears (fresh)									

Many thanks for taking the time to fill in this questionnaire. Please return to Kerina, Sophie or Dee, once completed. Thank you.