Dietary Questionnaire

Available from Cancer Council Victoria, Australia. http://www.cancervic.org.au/about-our-research/

cancer epidemiology centre/nutritional assessment services

INSTRUCTIONS:

This questionnaire is about your **usual** eating habits **over the past 12 months**. Where possible give only **one answer per question** for the type of food you eat **most often.** (If you can't decide which type you have most often, answer for the types you usually eat.)

- Use a soft pencil only, preferably 2B.
- Do not use **any** biro or felt tip pen.
- Erase mistakes fully.
- Make no stray marks.

MARK LIKE THIS:

DA	Y	MTH	YEAR
		O JAN	O 2004
		○ FEB	O 2005
0	0	○ MAR	2006
1	1	○ APR	O 2007
2	2	O MAY	O 2008
3	3	○ JUN	O 2009
	4	O JUL	O 2010
	5	O AUG	O 2011
	6	◯ SEP	O 2012
	7	O OCT	O 2013
	8	O NOV	O 2014
	9	O DEC	O 2015

Please fill in the date

you completed this questionnaire:

1.	How many pieces of fresh fruit do
	you usually eat per day? (Count 1/2
	cup of diced fruit, berries or grapes as
	one piece.)

- I didn't eat fruit
- o less than 1 piece of fruit per day
- 1 piece of fruit per day
- 2 pieces of fruit per day
- 3 pieces of fruit per day
- 4 or more pieces of fruit per day

2. How many different vegetables do you usually eat per day? (Count all types, fresh, frozen or tinned.)

- o less than 1 vegetable per day
- 1 vegetable per day
- 2 vegetables per day
- 3 vegetables per day
- 4 vegetables per day
- 5 vegetables per day
- 6 or more vegetables per day

3. What type of milk do you usually use?

- o none
- ofull cream milk
- reduced fat milk
- skim milk
- o soya milk

4. How much milk do you usually use per day? (Include flavoured milk and milk added to tea, coffee, cereal, etc.)

- none
- less than 250 ml (1 large cup or mug)
- O between 250 and 500 ml (1-2 cups)
- O between 500 and 750 ml (2-3 cups)
- 750 ml (3 cups) or more

5. What type of bread do you usually eat?

- I don't eat bread
- high fibre white bread
- white bread
- wholemeal bread
- rye bread
- o multi-grain bread

6.	How many slices of bread do you usually
	eat per day? (Include all types, fresh or toasted
	and count one bread roll as 2 slices.)

- less than 1 slice per day
- 1 slice per day
- 2 slices per day
- 3 slices per day
- 4 slices per day
- 5-7 slices per day
- 8 or more slices per day

7. Which spread do you usually put on bread?

- O I don't usually use any fat spread
- o margarine of any kind
- polyunsaturated margarine
- monounsaturated margarine
- butter and margarine blends
- butter

8. On average, how many teaspoons of sugar do you usually use per day? (Include sugar taken with tea and coffee and on breakfast cereal, etc.)

- none
- 1 to 4 teaspoons per day
- 5 to 8 teaspoons per day
- 9 to 12 teaspoons per day
- omore than 12 teaspoons per day

9. On average, how many eggs do you usually eat per week?

- I don't eat eggs
- less than 1 egg per week
- 1 to 2 eggs per week
- 3 to 5 eggs per week
- 6 or more eggs per week

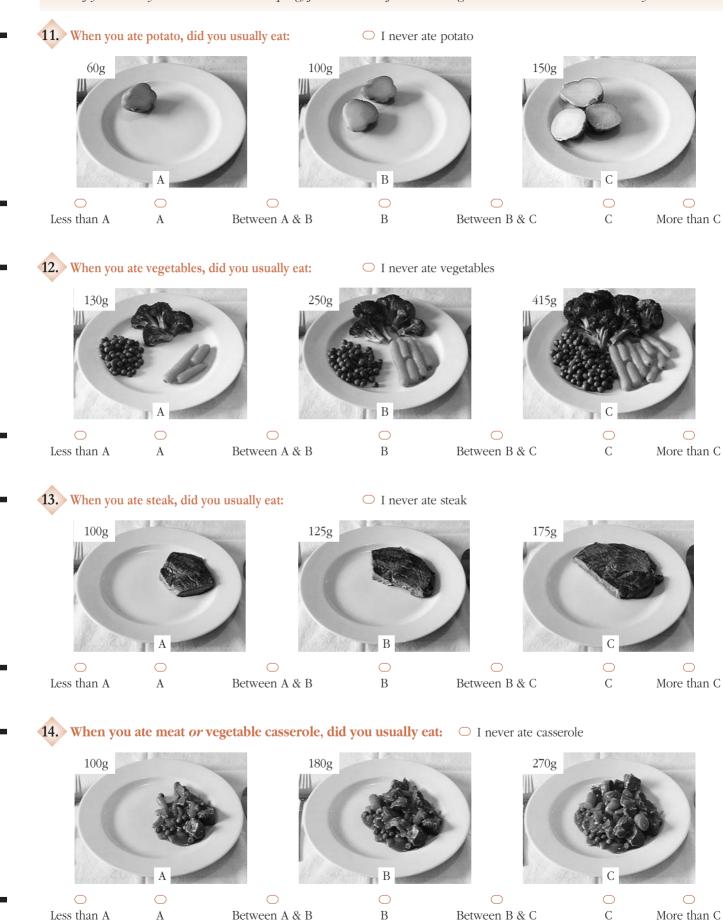
10. What types of cheese do you usually eat?

- I don't eat cheese
- o hard cheeses, e.g. parmesan, romano
- ofirm cheeses, e.g. cheddar, edam
- o soft cheeses, e.g. camembert, brie
- ricotta or cottage cheese
- cream cheese
- low fat cheese

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If you usually ate more than one helping, fill in the oval for the serving size closest to the **total amount** you ate.



С

Between B & C

More than C

Less than A

Α

Between A & B



15. Over the last 12 months, on average, how often did you eat the following foods? Please completely fill one oval in every line. Please MARK LIKE THIS: **NOT LIKE THIS:**

less 1 to 3 1 2 3 to 4 5 to 6 1 2 3 or E than times time times times time times more Times You Have Eaten once times Ė per day per month per week CEREAL FOODS, SWEETS & SNACKS All BranTM Sultana Bran™, FibrePlus™, Branflakes™ Weet BixTM, Vita BritsTM, WeetiesTM A3 Cornflakes, Nutrigrain™, Special K™ Porridge **A5** Muesli **A6** Rice A7 Pasta or noodles (include lasagne) **A8** Crackers, crispbreads, dry biscuits A9 Sweet biscuits A10 Cakes, sweet pies, tarts and other sweet pastries A11 Meat pies, pasties, quiche and other savoury pastries A12 A13 Hamburger with a bun A14 Chocolate A15 Flavoured milk drink (cocoa, Milo™, etc.) A16 A17 Peanut butter or peanut paste A18 Corn chips, potato crisps, Twisties™, etc. A19 Jam, marmalade, honey or syrups A20 Vegemite[™], Marmite[™] or Promite[™] A21 DAIRY PRODUCTS, MEAT & FISH Cheese **B**1 Ice-cream **B**2 Yoghurt **B**3 Beef **B**4 Veal **B**5 \bigcirc Chicken B6 Lamb **B**7 Pork Bacon В9 Ham B10 Corned beef, luncheon meats or salami B11 Sausages or frankfurters B12 Fish, steamed, grilled or baked B13 Fish, fried (include take-away) B14 Fish, tinned (salmon, tuna, sardines, etc.) B15 FRUIT Tinned or frozen fruit (any kind) **C**1 Fruit juice **C**2 Oranges or other citrus fruit **C**3 **Apples C**4 Pears **C**5 Bananas **C**6 Watermelon, rockmelon (cantaloupe), honeydew, etc. **C**7 Pineapple \bigcirc **C**8 Strawberries **C**9 C10 \bigcirc Apricots Peaches or nectarines C11 \bigcirc \bigcirc Mango or paw paw C12 \bigcirc \bigcirc

Avocado

Times You Have Eaten		N E V		1 to 3 times	1 time	2 times		5 to 6 times	1 time	2 times	3 or more times
CONTINUED		E R	per n	onth		per	week		1	per da	y
VEGETABLES (INCLUDING FRESH, FROZ	ZEN A	AND	TIN	INEC))						
Potatoes, roasted or fried (include hot chips)	D1	\bigcirc									
Potatoes cooked without fat	D2	\bigcirc	0	0	0	0	0	0	0	0	0
Tomato sauce, tomato paste or dried tomatoes	D3	\bigcirc		0			0	0			
Fresh or tinned tomatoes	D4	0	0	0	0	0	0	0	0	0	0
Peppers (capsicum)	D5	0	0	0	0	0	0	0	0	0	0
Lettuce, endive, or other salad greens	D6	0	0	0	0	0	0	0	0	0	0
Culomber	D7	0	0	0	0	0	0		0	0	0
Celery Beetroot	D8	0	0	0 0	0	0	0	0	0	0	0
Carrots	D9 D10			0						0	0
Cabbage or Brussels sprouts	D10			0		0	0	0	0	0	0
Cauliflower	D11			0						0	0
Broccoli	D13) (0	0
Silverbeet or spinach	D13			0						0	0
Peas	D15	0		0		0	0			0	0
Green beans	D16	0		0			0			0	0
Bean sprouts or alfalfa sprouts	D17	0	0	0	0	0	0			0	0
Baked beans	D18	0		0						0	0
Soy beans, soy bean curd or tofu	D19			0							0
Other beans (include chick peas, lentils, etc.)	D20	0		0						0	0
Pumpkin	D21			0							0
Onion or leeks	D22	0		0						0	0
Garlic (not garlic tablets)	D23	0	0	0	0	0	0			0	0
Mushrooms	D24	0		0							0
Zucchini	D25										
Over the last 12 months, how often did you dri	ink b	eer,	wine	and/	or sp	irits?					
Over the last 12 months, how often did you dri	ink b	N E V E	less than once a	1-3 days	1 day per	2 days per week	3 days per week	4 days per week	5 days per week	6 days per week	every day
	ink b	N E V	less than once a	1-3 days per	1 day per	2 days per	days per	days per	days per	days per	day
Times That You Drank		N E V E R	less than once a month	1-3 days per month	1 day per week	2 days per week	days per week	days per week	days per week	days per week	
Times That You Drank Beer (low alcohol)	1	N E V E R	less than once a month	1-3 days per month	1 day per week	2 days per week	days per week	days per week	days per week	days per week	day
Times That You Drank Beer (low alcohol) Beer (full strength)	1 2	N E V E R	less than once a month	1-3 days per month	1 day per week	2 days per week	days per week	days per week	days per week	days per week	day
Times That You Drank Beer (low alcohol) Beer (full strength) Red wine White wine (include sparkling wines) Fortified wines, port, sherry, etc.	1 2 3	N E V E R	less than once a month	1-3 days per month	1 day per week	2 days per week	days per week	days per week	days per week	days per week	day
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