

**WEST OF SCOTLAND
 TWENTY-07 STUDY
 HEALTH IN THE COMMUNITY**

Diet Questionnaire

2000 Visit

This booklet contains some sets of questions about diet and eating habits. It will help us greatly if you will **fill in** the questions in this booklet and keep it until our Nurse interviewer calls. It will take between 15 and 20 minutes to complete.

Please fill in your sex and date of birth before starting to fill in the booklet

Sex **SSEX.D**

male.....1

female2

Date of Birth

Day **SDOBDY.D**

Month **SDOBMT.D**

SDOBYR.D

SCHTID.D **SIDNO.D**

Respondent Serial Number Cohort(1, 3 or 5) ID

Interviewer Number **Office use only** **SIVNO.D**

Post code **SPCD1.D** **SPCD2.D** **SPCD3.D** **SPCD4.D**

Date of Interview Day **SIVDY.D** Month **SIVMT.D** Year **SIVYR.D**

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1
Eating Habits

These questions are about the foods you **USUALLY** eat. We know that what people eat varies from time to time, but try to think about the things you usually ate over the last 12 months.

You should answer the questions by **ringing the answer which applies, or writing an amount in the box provided or writing in a type or brand name.** Each question will make it clear which of these is required.

The most common sort of question asks you how often you eat a particular sort of food. Here are some examples to show you how to fill in the answers.

Question 1 for example asks how often you eat certain types of bread. The first part asks how often you eat white bread.

	days per week							fortnightly	never
If you eat white bread every day, ring 7.....	1	2	3	4	5	6	(7)	8	9
If you eat white bread 3 days a week, ring 3.....	1	2	(3)	4	5	6	7	8	9
If you eat white bread about once a fortnight, ring 8.....	1	2	3	4	5	6	7	(8)	9
If you NEVER eat white bread, ring 9.....	1	2	3	4	5	6	7	8	(9)

You are also asked whether the slices of white bread are thick, medium or thin, whether they are from a large or small loaf and how many slices you eat per day on the days when you eat white bread.

Someone who eats two slices of thickly cut white bread from a large loaf every day would fill in the answers like this....

	days per week							fortnightly	never
White or white high fibre bread	1	2	3	4	5	6	(7)	8	9
Are the slices...?			Are the slices...?						
thick	(1)		large		(1)		How many slices do you eat per day?		2
medium	2		small		2				
thin	3								

We would like you to give an answer to every food item. Sometimes if there are a whole lot of things you never eat putting a ring round them all takes a lot of time, it is OK to draw a line through them like this:

a) Cornflakes or Frosties	1	2	3	4	5	6	7	8	9
b) Sugar Puffs, Special K, Ricicles or Rice Krispies	1	2	3	4	5	6	7	8	
c) Muesli or Fruit n'fibre	1	2	3	4	5	6	7	8	
d) Weetabix, Weetaflakes or Shredded Wheat	1	2	3	4	5	6	7	8	

We have tried to make the instructions as clear as we can, but we know that sometimes things will be a little more complicated than the question allows for. For example, question 24b asks how many teaspoonfuls of sugar or honey you take in tea. If you sometimes take sugar and sometimes not, try to think whether you more often take sugar or not and tell us which you most often do rather than leaving the answer blank.

Most people take about twenty minutes to fill in the questions. If there are questions which you find it hard to answer, perhaps because you don't do the shopping, but someone else in the family would know the answer then you can ask them.

NOW PLEASE ANSWER THE QUESTIONS BELOW. DON'T LEAVE ANY QUESTION BLANK UNLESS THE INSTRUCTIONS FOR THAT QUESTION TELL YOU TO.

BREAD

How often do you usually eat the following different sorts of bread, how thick are the slices, how large are they and how many slices do you have per day?

DBWHIF.D

1 a) White or white high fibre bread (eg Mighty White) 1 2 3 4 5 6 7 8 9
(if never ring 9 and go to 2a)

(A standard sliced loaf is cut into thin slices unless it says otherwise on the packet)

DBWHIT.D

b) Are the slices..?
 thick1
 medium2
 thin3

DBWHIS.D

c) Are the slices..?
 large 1
 small 2

DBWHIN.D

d) How many slices do you eat per day?
(more than nine code 9)

DBBROF.D

2a) Brown or wheatgerm bread (including Hovis and Granary) 1 2 3 4 5 6 7 8 9
(if never ring 9 and go to 3a)

DBBROT.D

b) Are the slices..?
 thick1
 medium2
 thin3

DBBROS.D

c) Are the slices..?
 large 1
 small 2

DBBRON.D

d) How many slices do you eat per day?
(more than nine code 9)

DBWHOF.D

3a) Wholemeal bread, High Bran or chapatis 1 2 3 4 5 6 7 8 9
(if never ring 9 and go to 4a)

DBWHOT.D

b) Are the slices..?
 thick1
 medium2
 thin3
 chapatis only4
(if chapatis only, go to question 4a)

DBWHOS.D

c) Are the slices..?
 large 1
 small 2

DBWHON.D

d) How many slices do you eat per day?
(more than nine code 9)

DROLLF.D

4a) Bread rolls 1 2 3 4 5 6 7 8 9
(if never ring 9 and go to 5a)

DROLLT.D

b) Are the rolls...?
 white1
 brown2
 wholemeal3

DROLLN.D

c) How many rolls do you eat per day?
(more than nine code 9)

DRYVTF.D

5a) Crispbread, ryvita or cream crackers 1 2 3 4 5 6 7 8 9
(if never ring 9 and go to 6)

DRYVTN.D

b) How many of these do you eat per day?
(more than nine code 9)

DJAMF.D


6) How often do you eat jam, marmalade or honey on bread? 1 2 3 4 5 6 7 8 9

BREAKFAST CEREALS

DCEREV.D

7) Do you ever eat any of the breakfast cereals below?

(ring 1 for yes, 2 for no)

yes 1
no..... 2  9a

If you do eat any of them, how often do you usually eat each of the following cereals?

	days per week							fortnightly	never
a) Cornflakes or Frosties DCERA.D	1	2	3	4	5	6	7	8	9
b) Sugar Puffs, Special K, Ricicles or Rice Krispies DCERB.D	1	2	3	4	5	6	7	8	9
c) Muesli or Fruit n'fibre DCERC.D	1	2	3	4	5	6	7	8	9
d) Weetabix, Weetaflakes or Shredded Wheat DCERD.D	1	2	3	4	5	6	7	8	9
e) Bran Flakes or Sultana Bran DCERE.D	1	2	3	4	5	6	7	8	9
f) Porridge or Ready Brek DCERF.D	1	2	3	4	5	6	7	8	9
g) All Bran DCERG.D	1	2	3	4	5	6	7	8	9
h) Other cereal (write in what kind below) DCERH.D	1	2	3	4	5	6	7	8	9

DCERNM.D

Type of other cereal _____

DCERSU.D

8) When you eat a bowl of cereal, how many teaspoons of sugar or honey do you add?

DBRANF.D

9a) How often do you have wheat bran?

(if never eat bran ring 9 and go to Question 10)

	days per week							fortnightly	never
	1	2	3	4	5	6	7	8	9

DBRANQ.D

b) How many dessertspoons of wheat bran per day?


(if more than 9 code 9)

MEATS

DMTEV.D

10) Do you ever eat any kind of meat, including sausages, pies and canned meat? (include all meat even if used in mixed dishes like stews, casseroles, lasagne, curry etc)

(ring 1 for yes, 2 for no)

yes 1
no..... 2  11

If you do eat meat, how often do you usually eat the following kinds of meat?

	days per week							fortnightly	never
a) Beef (all forms including mince) DBEEF.D	1	2	3	4	5	6	7	8	9
b) Lamb DLAMB.D	1	2	3	4	5	6	7	8	9
c) Pork DPORK.D	1	2	3	4	5	6	7	8	9
d) Bacon DBACON.D	1	2	3	4	5	6	7	8	9

MEATS (Continued)

How often do you usually eat the following kinds of meat?

	days per week							fortnightly	never
e) Ham DHAM.D	1	2	3	4	5	6	7	8	9
f) Chicken or other poultry DCHICK.D	1	2	3	4	5	6	7	8	9
g) Canned meat (eg corned beef) DCANMT.D	1	2	3	4	5	6	7	8	9
h) Sausages DSAUS.D	1	2	3	4	5	6	7	8	9

DSAUST.Dl) **If you eat sausages, what type of sausages do you have most often?**(only ring the one kind you eat most often)

Pork.....	1
Beef	2
Both pork and beef.....	3
Turkey.....	4
Low fat.....	5
don't ever eat sausages	0

DPIESS.D

	days per week							fortnightly	never
j) Meat pies/pasties/sausage rolls/bridies - (shop bought)	1	2	3	4	5	6	7	8	9
k) Meat pies/pasties/sausage rolls/bridies - (home made) DPIESH.D	1	2	3	4	5	6	7	8	9
l) Liver/kidney/heart DOFFAL.D	1	2	3	4	5	6	7	8	9
DFATMT.D									
m) Do you usually eat the fat on meat or cut it off?									
cut it off								0	
eat it.....								1	

FISH**DFISEV.D**11) Do you ever eat any kind of fish, including fish fingers and canned fish?

(ring 1 for yes, 2 for no)

yes	1
no.....	2

If you do eat fish, how often do you usually eat each of the following sorts of fish?

DWFISH.D

	days per week							fortnightly	never
a) White fish (cod/haddock/plaice/sole/fish fingers/fish cakes)	1	2	3	4	5	6	7	8	9
b) Kipper/herring/mackerel/trout (including canned) DKIPPR.D	1	2	3	4	5	6	7	8	9
c) Pilchards/sardines/salmon (including canned) DPILCH.D	1	2	3	4	5	6	7	8	9
d) Tuna (including canned) DTUNA.D	1	2	3	4	5	6	7	8	9

DFOIL.D

12a) How many fish oil capsules do you take per day?
 (if you don't take any write 0 and go to 13)

DFOILB.D

b) If you take fish oil capsules please write down the brand.

brand _____

VEGETABLES, PASTA and RICE

DVEGEV.D

13) Do you ever eat any kind of vegetables (including potatoes, chips, baked beans, pasta and rice) ?
 (ring 1 for yes, 2 for no)

yes 1
 no..... 2 14

If you do eat any of the following vegetables, how often do you usually have each kind?

	days per week							fortnightly	never
a) Potatoes - boiled or mashed DMASHP.D	1	2	3	4	5	6	7	8	9
b) Potatoes – jacket DJACKP.D	1	2	3	4	5	6	7	8	9
c) Chips - shop bought or 'oven chips' DCHIPS.D	1	2	3	4	5	6	7	8	9
d) Chips - home cooked DCHIPH.D	1	2	3	4	5	6	7	8	9
e) Potatoes – roast DROAST.D	1	2	3	4	5	6	7	8	9
f) Peas DPEAS.D	1	2	3	4	5	6	7	8	9
g) Other green vegetables or salads DSALAD.D	1	2	3	4	5	6	7	8	9
h) Carrots DCARRT.D	1	2	3	4	5	6	7	8	9
l) Parsnips, swedes, turnips DSWEDE.D	1	2	3	4	5	6	7	8	9
j) Baked beans DBEANS.D	1	2	3	4	5	6	7	8	9
k) butterbeans or broad beans DOBEAN.D	1	2	3	4	5	6	7	8	9
l) lentils, Chick peas or Dahl DLENTL.D	1	2	3	4	5	6	7	8	9
m) Onions (cooked, raw or pickled) DONION.D	1	2	3	4	5	6	7	8	9

How often do you have pasta or rice?

	days per week							fortnightly	never
n) Spaghetti or other pasta (including tinned) DPASTA.D	1	2	3	4	5	6	7	8	9
o) Rice (with main courses, NOT pudding rice) DRICE.D	1	2	3	4	5	6	7	8	9
p) Quiche DQUICH.D	1	2	3	4	5	6	7	8	9
q) Pizza DPIZZA.D	1	2	3	4	5	6	7	8	9
r) Vegetarian pasties DVPAST.D	1	2	3	4	5	6	7	8	9

SALT**DSALTA.D****14a) Compared to other people, would you say that you like your food to be...**

- very salty 1
 quite salty 2
 not very salty 3
 not at all salty 4

DSALTB.D**b) At the table do you...**

- add salt to your food without tasting it first 1
 taste the food then generally add salt 2
 taste the food, but only occasionally add salt 3
 rarely or never add salt at the table 4

BISCUITS, CAKES, PUDDINGS, SWEETS and SNACKS**15) How often do you usually eat each of the following?**Please fill in an answer for each one. If there are any of them you never eat ring 9 for that itemPlease ring every item, a to p, for this question, even if all the answers are never (code 9)

	days per week							fortnightly	never
a) Digestive biscuits/plain biscuits DBICS.D	1	2	3	4	5	6	7	8	9
b) Other sweet biscuits DBICSO.D	1	2	3	4	5	6	7	8	9
c) Chocolate DCHOC.D	1	2	3	4	5	6	7	8	9
d) Sweets DSWEET.D	1	2	3	4	5	6	7	8	9
e) Crisps DCRISP.D	1	2	3	4	5	6	7	8	9
f) Nuts DNUTS.D	1	2	3	4	5	6	7	8	9
g) Ice cream DICE.D	1	2	3	4	5	6	7	8	9
h) Low fat yoghurt DLFYOG.D	1	2	3	4	5	6	7	8	9
i) Low calorie yoghurt (eg. Shape) DLCYOG.D	1	2	3	4	5	6	7	8	9
j) Other yoghurt DOYOG.D	1	2	3	4	5	6	7	8	9
k) Fruitcake or sponge cake - shop bought DCAKES.D	1	2	3	4	5	6	7	8	9
l) Fruitcake or sponge cake - home made DCAKEH.D	1	2	3	4	5	6	7	8	9
m) Fruit tart or jam tart - shop bought DTARTS.D	1	2	3	4	5	6	7	8	9
n) Fruit tart or jam tart - home made DTARTH.D	1	2	3	4	5	6	7	8	9
o) Milk pudding (eg rice, tapioca or macaroni) DMPUD.D DMPUDM.D	1	2	3	4	5	6	7	8	9
p) What type of milk do you normally use for milk puddings?									
Ordinary, full cream								1	
Semiskimmed								2	
Skimmed.....								3	
Canned milk pudding - ordinary								4	
Canned milk pudding - low fat								5	
don't eat milk puddings								9	

FRUIT

	days per week							fortnightly	never
16a) How often do you eat canned fruit in syrup? DFRSYR.D	1	2	3	4	5	6	7	8	9
b) How often do you eat canned fruit in juice? DFRJCE.D	1	2	3	4	5	6	7	8	9

DDFFREV.D

c) Do you ever eat any kind of fresh fruit?
(ring 1 for yes, 2 for no)

yes 1
 no..... 2 17

If you do eat any fresh fruit, how often do you usually have each of the following fruits?
(if you eat more than 9 of any kind of fruit per week write 9)

- d) How many apples do you eat per week? DFRAPP.D**
(if none code 0)
- e) How many pears do you eat per week? DFRPEA.D**
(if none code 0)
- f) How many oranges/grapefruit do you eat per week? DFRORA.D**
(if none code 0)
- g) How many bananas do you eat per week? DFRBAN.D**
(if none code 0)

Are there any other kinds of fruit you regularly eat? *(if the answer is yes then please write down the name of the fruit and how many you eat per week below)*

- DFROD1.D** 1st additional fruit _____ **DFROQ1.D**
- DFROD2.D** 2nd additional fruit _____ **DFROQ2.D**
- DFROD3.D** 3rd additional fruit _____ **DFROQ3.D**

EGGS & MILK PRODUCTS

DNEGG.D

17) How many eggs do you usually eat per week?
(if none code 00)

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DMILKQ.D

18a) Roughly how much milk do you drink in a day?

(include milk in tea, coffee, drinks made with milk and milk taken with cereals)

- None. 1
- Half a pint or less..... 2
- Between half a pint and one pint..... 3
- One pint or more. 4

b) What type of milk do you normally use? DMILKT.D

None. 0
 Ordinary, full cream 1
 Semiskimmed. 2
 Skimmed..... 3
 More than one type..... 4

19) How much cream do you use per week? DCREAM.D*(if none code 000)*

Write in the approximate number of grams. As a guide:

1 tablespoon = 20g

small carton = 150g **DCRMX.D**

large carton = 300g

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If you find it hard to work out how many grams write down the number of tablespoons or small or large cartons below the box and clearly mark "tablespoons", "small cartons" or "large cartons" and we will work out how many grams it is later

20a) How many days per week do you eat cheese (excluding cottage cheese)? DCHOTH.D

	days per week							fortnightly	never
	1	2	3	4	5	6	7	8	9

b) How many days per week do you eat cottage cheese? DCHCOT.D

	1	2	3	4	5	6	7	8	9
--	---	---	---	---	---	---	---	---	---

c) How much cheese (excluding cottage cheese) do you usually eat per week? DCHEES.D*(if none code 000)**(Write in the approximate number of grams. As a guide:)*

1/4 pound= 112 gms

1/2 pound= 225 gms **DCHSX.D**

1 pound=450 gms

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If you find it hard to work out how many grams write down the number in pounds below the box and clearly mark "pounds" and we will work out how many grams it is later

(Suggestion, if you find it hard to work out how much you personally eat, divide amount bought for household by number of people in house.)

BUTTER, FATS and SPREADS**21a) What do you usually spread on bread?***(if you regularly use more than one type of butter or spread ring the **two** you use most often)*

DFATB1.D	DFATB2.D	Main type	Second type
		1	1
Butter			
		2	2
Margarine-polyunsaturated			
		3	3
Margarine - other soft (tub)			
		4	4
Margarine - hard (block)			
		5	5
Low fat spread - polyunsaturated			
		6	6
Low fat spread - other			
		7	7
Lard, dripping, solid vegetable oil			
		8	8
Very low fat spread (25% fat)			
		0	0
Bread usually eaten dry			

Question 21a (continued)

If you can, please write down the Brand name on the packet or tub for the two spreads you use most often.

Brand name of 1st. spread ringed **DFB1B.D** _____

Brand name of 2nd. spread ringed **DFB2B.D** _____

DFATWK.D

b) About how much butter or margarine do you usually eat per week?

(Write in the number of grams, if none code 000)

(One 'half pound' block or small tub = 250g.) **DBUTTX.D**

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If you find it hard to work out how many grams write down the number of half pound blocks or tubs below the box and clearly mark "blocks" or "tubs" and we will work out how many grams it is later

DFRIED.D

22)How often do you have food which is shallow-fried? 1 2 3 4 5 6 7 8 9
(eg fish/onions/mushrooms/tomatoes/eggs)

days per week

fortnightly

never

23)What BRANDS of fat do you mainly use in cooking the following things?

(please give an answer for each. If someone else usually cooks these things then ask them. If you don't cook any one of them in your household write 'none' for that item.)

DFSFB.D

a) When shallow frying food

BRAND _____ is that ...?

solid 1

liquid 2

DFATSF.D

DFCCB.D

b) When cooking chips

BRAND _____ is that ...?

solid 1

liquid 2

DFATCC.D

DFRPB.D

c) When roasting potatoes

BRAND _____ is that ...?

solid 1

liquid 2

only eaten out 3

DFATRP.D

DFHCB.D

d) When making homemade cakes

BRAND _____

DFHPB.D

e) When making homemade pastry

BRAND _____

DRINKS

24a) How many cups of tea do you have per day? DTEA.D

(if none code 00 and go to Question 25a)

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b) How many teaspoons of sugar or honey do you take per cup?

(if none code 0) **DSUGT.D**

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25a) How many cups of coffee do you have per day? DCOFF.D

(if none code 00 and go to Question 26a)

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b) How many teaspoons of sugar or honey do you take per cup?

(if none code 0) **DSUGC.D**

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26a) How often do you have fruit juice, squash or fizzy drinks?

(NOT low calorie) **DJUICE.D**

	days per week							fortnightly	never
1	2	3	4	5	6	7		8	9

DTJUIC.D

b) Which one of these drinks do you most often have?

- Natural juice..... 1
- Squash..... 2
- Fizzy drink..... 3
- More than one type equally..... 4
- don't drink any of them..... 0

c) On the days when you drink that soft drink, how many drinks do you have per day? DNJUIC.D

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ALCOHOLIC DRINKS

DALCEV.D

27a) Do you ever drink alcohol of any sort?

(ring 1 for yes, 2 for no)

- yes 1
- no..... 2 **28**

DALCF.D

b) On average, in normal circumstances, how often do you have drinks containing alcohol?

	days per week							less than weekly
1	2	3	4	5	6	7		8

If you do sometimes have an alcoholic drink, but less often than weekly, ie. 8 coded above, write in the frequency in the boxes below. Write in the number of days per month on which you would have an alcoholic drink. If you only drink very occasionally, less than monthly, then write in days per year.

days per month **DALCMT.D**.....

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days per year **DALCYR.D**.....

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c) On the days when you drink, what sort of drinks would you have and how much would you drink of each on average?

pints of beer and cider DBEER.D		
glasses of wine DWINE.D		
glasses of fortified wine (eg sherry, port, vermouth etc.) DPORT.D		
single measures of spirits (<i>doubles, multiply by 2</i>) DSPIRT.D		
other drinks (specify what and how much) DOTDR.D		

d) What is the TOTAL number of drinks you drink on average per occasion? **DALCQ.D**

MISCELLANEOUS QUESTIONS

DPHYAW.D

28) How physically active is your occupation?

- not very physically active 1
- moderately physically active..... 2
- very physically active 3
- not working..... 4

DPHYAL.D

How physically active is your leisure time?

- Not very physically active..... 1
- moderately physically active..... 2
- very physically active 3

Questions for women only

DPREG.D

29) Are you pregnant

- yes 1
- no..... 2

DBF.D

Are you breast feeding

- yes 1
- no..... 2