



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

Diet Questionnaire

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.C male **1**
female **2**

Date of Birth

Day **SDOBDY.C** Month **SDOBT.C** **SDOBYR.C**

Office use only

Respondent Serial Number Cohort(1, 3 or 5) **SCHTID.C** ID **SIDNO.C**

Interviewer Number **SIVNO.C**

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

Date of Interview Day **SIVDY.C** Month **SIVMT.C**

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 once a week, ring 1.	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

<p>Are the slices...?</p> <p>thick1</p> <p>medium2</p> <p>thin3</p>	<p>Are the slices...?</p> <p>large1</p> <p>small2</p>	<p>How many slices do you eat per day?</p> <div style="border: 1px solid black; display: inline-block; padding: 2px 10px;">2</div>
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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 23b 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.C days per week fortnightly never
1a) 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.C **DBWHIS.C** **DBWHIN.C**
b) Are the slices..? **c) Are the slices..?** **d) How many slices do you eat per day?**
 thick1 large 1
 medium2 small2
 thin3
(more than nine code 9)

DBBROF.C days per week fortnightly never
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.C **DBBROS.C** **DBBRON.C**
b) Are the slices..? **c) Are the slices..?** **d) How many slices do you eat per day?**
 thick1 large 1
 medium2 small2
 thin3
(more than nine code 9)

DBWHOF.C days per week fortnightly never
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.C **DBWHOS.C** **DBWHON.C**
b) Are the slices..? **c) Are the slices..?** **d) How many slices do you eat per day?**
 thick1 large 1
 medium2 small2
 thin3
 chapatis only4
(if chapatis only, go to question 4a)

DROLLF.C days per week fortnightly never
4a) Bread rolls 1 2 3 4 5 6 7 8 9
(if never ring 9 and go to 5a)

DROLLT.C **DROLLN.C**
b) Are the rolls..? **c) How many rolls do you eat per day?**
 white1
 brown2
 wholemeal3
(more than nine code 9)

DRYVTF.C days per week fortnightly never
5a) Crispbread, ryvita or cream crackers..... 1 2 3 4 5 6 7 8 9
(if never ring 9 and go to 6)

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

BREAKFAST CEREALS

DCEREV.C

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

(ring 1 for yes, 2 for no)

yes 1
no..... 2  8a

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

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

DCERSU.C

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

DBRANF.C

8a) How often do you have wheat bran?

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

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

DBRANQ.C

b) How many dessertspoons of wheat bran per day?

(if more than 9 code 9)

MEATS

DMTEV.C

9) Do you ever eat any kind of meat, including sausages, pies and canned meat?

(ring 1 for yes, 2 for no)

yes 1
no..... 2  10

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

	days per week							fortnightly	never
a) DBEEF.C Beef (all forms including mince)	1	2	3	4	5	6	7	8	9
b) DLAMB.C Lamb	1	2	3	4	5	6	7	8	9
c) DPORK.C Pork.....	1	2	3	4	5	6	7	8	9
d) DBACON.C Bacon.....	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) DHAM.C Ham	1	2	3	4	5	6	7	8	9
f) DCHICK.C Chicken or other poultry	1	2	3	4	5	6	7	8	9
g) DCANMT.C Canned meat (eg corned beef)	1	2	3	4	5	6	7	8	9
h) DSAUS.C Sausages	1	2	3	4	5	6	7	8	9

i) **DSAUST.C**
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

	days per week							fortnightly	never
j) DPIESS.C Meat pies/pasties/sausage rolls/bridies - (shop bought).....	1	2	3	4	5	6	7	8	9
k) DPIESH.C Meat pies/pasties/sausage rolls/bridies - (home made)	1	2	3	4	5	6	7	8	9
l) DOFFAL.C Liver/kidney/heart	1	2	3	4	5	6	7	8	9

m) **DFATMT.C**
Do you usually eat the fat on meat or cut it off?

cut it off	0
eat it.....	1

FISH

10) **DFISEV.C**
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  11

****DWFISH.C****
If you do eat fish, how often do you usually eat each of the following sorts of fish?

	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) DKIPPR.C Kipper/herring/mackerel/trout (including canned)	1	2	3	4	5	6	7	8	9
c) DPILCH.C Pilchards/sardines/salmon (including canned)	1	2	3	4	5	6	7	8	9
d) DTUNA.C Tuna (including canned)	1	2	3	4	5	6	7	8	9

DFOILC.C

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



DFOIL.C

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

brand _____

VEGETABLES, PASTA and RICE

12) 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 13

DVEGEV.C

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

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

How often do you have pasta or rice?

	days per week							fortnightly	never
l) DPASTA.C Spaghetti or other pasta (including tinned).....	1	2	3	4	5	6	7	8	9
m) DRICE.C Rice (with main courses, NOT pudding rice).....	1	2	3	4	5	6	7	8	9

SALT

DSALTA.C

13a) 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.C

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

14) 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 m, for this question, even if all the answers are never (code 9)

	days per week							fortnightly	never
a) Digestive biscuits/plain biscuits DBICS.C	1	2	3	4	5	6	7	8	9
b) Other sweet biscuits DBICSO.C	1	2	3	4	5	6	7	8	9
c) Chocolate DCHOC.C	1	2	3	4	5	6	7	8	9
d) Sweets DSWEET.C	1	2	3	4	5	6	7	8	9
e) Crisps DCRISP.C	1	2	3	4	5	6	7	8	9
f) Ice cream DICE.C	1	2	3	4	5	6	7	8	9
g) Yoghurt DYOG.C	1	2	3	4	5	6	7	8	9
h) Fruitcake or sponge cake - shop bought DCAKES.C	1	2	3	4	5	6	7	8	9
i) Fruitcake or sponge cake - home made DCAKEH.C	1	2	3	4	5	6	7	8	9
j) Fruit tart or jam tart - shop bought DTARTS.C	1	2	3	4	5	6	7	8	9
k) Fruit tart or jam tart - home made DTARTH.C	1	2	3	4	5	6	7	8	9
l) Milk pudding (eg rice, tapioca or macaroni) DMPUD.C	1	2	3	4	5	6	7	8	9
m) 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

DFRCAN.C
15a) How often do you eat canned fruit? days per week fortnightly never
 1 2 3 4 5 6 7 8 9

DFFRE.V.C
b) Do you ever eat any kind of fresh fruit?
 (ring 1 for yes, 2 for no)
 yes 1
 no..... 2  16

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)

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

DFROQ1.C **DFRU1**
 1st additional fruit _____

DFROQ2.C **DFRU2**
 2nd additional fruit _____

DFROQ3.C **DFRU3**
 3rd additional fruit _____

EGGS & MILK PRODUCTS

DNEGG.C
16) How many eggs do you usually eat per week?
 (if none code 00)

DMILKQ.C
17a) 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

DMILKT.C

8

b) What type of milk do you normally use?

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

DCREAM.C

18) How much cream do you use per week?

(if none code 000)

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

1 tablespoon = 20g

small carton = 150g

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

DCHEEF.C

19a) How many days per week do you eat cheese?

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

DCHEES.C

b) How much cheese (excluding cottage cheese) do you usually eat per week?

(if none code 000)

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

1/4 pound= 112 gms

1/2 pound= 225 gms

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

20a) 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.C

Butter..... 1

Margarine - polyunsaturated 2

DFATB2.C

Margarine - other soft (tub) 3

Margarine - hard (block) 4

Low fat spread - polyunsaturated 5

Low fat spread - other 6

Margarine or spread, don't know

whether polyunsaturated or other..... 9

Bread usually eaten dry. 0

DRINKS

DTEA.C

23a) How many cups of tea do you have per day?
(if none code 00 and go to Question 24a)

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DSUGT.C

b) How many teaspoons of sugar or honey do you take per cup?
(if none code 0)

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DCOFF.C

24a) How many cups of coffee do you have per day?
(if none code 00 and go to Question 25a)

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DSUGC.C

b) How many teaspoons of sugar or honey do you take per cup?
(if none code 0)

--

DJUICE.C

25a) How often do you have fruit juice, squash or fizzy drinks?
(NOT low calorie)

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

DTJUIC.C

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
- low calorie drinks 5
- don't drink any of them 0

DNJUIC.C

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

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ALCOHOLIC DRINKS

DALCEV.C

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

(ring 1 for yes, 2 for no)

yes 1
 no..... 2  27

DALCF.C

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

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

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.C

days per year DALCYR.C

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

DBEER.C
 half pints of beer and cider (ie. multiply pints by 2)

DWINE.C
 glasses of wine

DPORT.C
 glasses of fortified wine
 (eg sherry, port, vermouth etc.)

DSPIRT.C
 single measures of spirits (doubles, multiply by 2)

DOTDR.C
 other drinks (specify what and how much)

DALCQ.C

c) What is the TOTAL number of drinks you drink on average per occasion?

Part 2 **Now here are some questions about recent changes in your eating habits.**

27 Foods which I am eating less of

Fruit.....	1	Tea.....	17
Vegetables (including salads)	2	Coffee.....	18
Potatoes (not chips)	3	Soft drinks (like coke or orange squash)	19
Chips.....	4	Alcoholic drinks.....	20
Pulses (for example, lentils and beans)	5	Chocolate or sweets	21
Pasta	6	Sugar.....	22
Butter	7	Biscuits, cakes, puddings or ice cream.....	23
Eggs	8	Fish	24
Cheese.....	9	White meat (like Chicken or Turkey).....	25
Milk.....	10	Red meat.....	26
Soft Margarine (like flora)	11	Meat products (pies, pasties etc.).....	27
Hard margarine (like stork).....	12	Fried foods	28
Other dairy products (such as Yoghurt)	13	Salt.....	29
Brown bread	14	Snacks (like crisps)	30
White bread.....	15	Any other foods not on the list above (write in what they are).....	31
Bran or fibre.....	16		

a) Looking at the list above, and thinking back over the four or five years since we last visited you. Are there any of the foods which you are now eating less of? Write the number for each of these foods in the first column of boxes below

b) Here are some reasons which people give for eating less of certain foods. Think of the main reason why you are eating less of each of the foods you have mentioned. Write the number corresponding to the main reason alongside each food item in the second column of boxes below

- It is too expensive to buy 1
- I don't like it 2
- My family or partner doesn't like it..... 3
- It is bad for my health..... 4
- It is too difficult to buy near here..... 5
- some other reason (write in the reason)..... 6

DLESS1.C	a)	DLWHY1.C	b)
I'm eating less of food number		I'm eating less of it because	
DLESS2.C	a)	DLWHY2.C	b)
I'm eating less of food number		I'm eating less of it because	
DLESS3.C	a)	DLWHY3.C	b)
I'm eating less of food number		I'm eating less of it because	
DLESS4.C	a)	DLWHY4.C	b)
I'm eating less of food number		I'm eating less of it because	
DLESS5.C	a)	DLWHY5.C	b)
I'm eating less of food number		I'm eating less of it because	

Changes in eating habits

28 Foods which I am eating more of

Fruit.....	1	Tea.....	17
Vegetables (including salads)	2	Coffee.....	18
Potatoes (not chips)	3	Soft drinks (like coke or orange squash)	19
Chips.....	4	Alcoholic drinks.....	20
Pulses (for example, lentils and beans)	5	Chocolate or sweets	21
Pasta	6	Sugar	22
Butter	7	Biscuits, cakes, puddings or ice cream	23
Eggs	8	Fish	24
Cheese.....	9	White meat (like Chicken or Turkey)	25
Milk.....	10	Red meat	26
Soft Margarine (like flora)	11	Meat products (pies, pasties etc.)	27
Hard margarine (like stork).....	12	Fried foods	28
Other dairy products (such as Yoghurt)	13	Salt	29
Brown bread	14	Snacks (like crisps)	30
White bread	15	Any other foods not on the list above (write in what they are).....	31
Bran or fibre.....	16		

a) Looking at the list above, and thinking back over the last four or five years since we last visited you. Are there any of the foods which you are now eating more of? Write the number for each of these foods in the first column of boxes below.

b) Here are some reasons which people give for eating more of certain foods. Think of the main reason why you are eating more of each of the foods you have mentioned. Write the number for the main reason alongside each food item in the second column of boxes below.

- It is cheap to buy..... 1
 I like it

I like it

My family or partner likes it

It is good for my health.....

It is easy to buy near here.....

some other reason (write in the reason)

DMORE1.C

a)

DMWHY1.C

b)

I'm eating more of food number

I'm eating more of it because

DMORE2.C

I'm eating more of food number

DMWHY2.C

I'm eating more of it because

DMORE3.C

I'm eating more of food number

DMWHY3.C

I'm eating more of it because

DMORE4.C

I'm eating more of food number

DMWHY4.C

I'm eating more of it because

DMORE5.C

I'm eating more of food number

DMWHY5.C

I'm eating more because

29 Foods which I should eat less of

Fruit.....	1	Tea.....	17
Vegetables (including salads)	2	Coffee.....	18
Potatoes (not chips)	3	Soft drinks (like coke or orange squash)	19
Chips.....	4	Alcoholic drinks.....	20
Pulses (for example, lentils and beans)	5	Chocolate or sweets	21
Pasta	6	Sugar.....	22
Butter	7	Biscuits, cakes, puddings or ice cream	23
Eggs	8	Fish	24
Cheese.....	9	White meat (like Chicken or Turkey)	25
Milk.....	10	Red meat	26
Soft Margarine (like flora)	11	Meat products (pies, pasties etc.)	27
Hard margarine (like stork)	12	Fried foods	28
Other dairy products (such as Yoghurt)	13	Salt.....	29
Brown bread	14	Snacks (like crisps)	30
White bread	15	Any other foods not on the list above (write in what they are).....	31
Bran or fibre	16		

a) Looking at the list above, are there any foods which you should eat less of than you do? Write the number for each of these foods in the first column of boxes below.

b) Why do you still eat those things? What is the main reason you still eat each of them? Write the number for the main reason alongside each food item in the second column of boxes below.

- It is cheap to buy..... 1
- I like it
- My family or partner likes it
- It is easy to buy near here..... 4
- some other reason (write in the reason)

<p>DLSHD1.C</p> <p style="text-align: center;">a)</p> <p>I should eat less of food number... <input style="width: 30px; height: 25px; border: 1px solid black;" type="text"/> <input style="width: 30px; height: 25px; border: 1px solid black;" type="text"/></p>	<p>DLSWH1.C</p> <p style="text-align: center;">b)</p> <p>I still eat it because <input style="width: 30px; height: 25px; border: 1px solid black;" type="text"/></p>
<p>DLSHD2.C</p> <p>I should eat less of food number... <input style="width: 30px; height: 25px; border: 1px solid black;" type="text"/> <input style="width: 30px; height: 25px; border: 1px solid black;" type="text"/></p>	<p>DLSWH2.C</p> <p>I still eat it because <input style="width: 30px; height: 25px; border: 1px solid black;" type="text"/></p>
<p>DLSHD3.C</p> <p>I should eat less of food number... <input style="width: 30px; height: 25px; border: 1px solid black;" type="text"/> <input style="width: 30px; height: 25px; border: 1px solid black;" type="text"/></p>	<p>DLSWH3.C</p> <p>I still eat it because <input style="width: 30px; height: 25px; border: 1px solid black;" type="text"/></p>
<p>DLSHD4.C</p> <p>I should eat less of food number... <input style="width: 30px; height: 25px; border: 1px solid black;" type="text"/> <input style="width: 30px; height: 25px; border: 1px solid black;" type="text"/></p>	<p>DLSWH4.C</p> <p>I still eat it because <input style="width: 30px; height: 25px; border: 1px solid black;" type="text"/></p>
<p>DLSHD5.C</p> <p>I should eat less of food number... <input style="width: 30px; height: 25px; border: 1px solid black;" type="text"/> <input style="width: 30px; height: 25px; border: 1px solid black;" type="text"/></p>	<p>DLSWH5.C</p> <p>I still eat it because <input style="width: 30px; height: 25px; border: 1px solid black;" type="text"/></p>

Changes in eating habits

30 Foods which I should eat more of

Fruit.....	1	Tea.....	17
Vegetables (including salads)	2	Coffee.....	18
Potatoes (not chips)	3	Soft drinks (like coke or orange squash)	19
Chips.....	4	Alcoholic drinks.....	20
Pulses (for example, lentils and beans)	5	Chocolate or sweets	21
Pasta	6	Sugar	22
Butter	7	Biscuits, cakes, puddings or ice cream	23
Eggs	8	Fish	24
Cheese.....	9	White meat (like Chicken or Turkey)	25
Milk.....	10	Red meat	26
Soft Margarine (like flora)	11	Meat products (pies, pasties etc.)	27
Hard margarine (like stork)	12	Fried foods	28
Other dairy products (such as Yoghurt)	13	Salt	29
Brown bread	14	Snacks (like crisps)	30
White bread	15	Any other foods not on the list above (write in what they are).....	31
Bran or fibre.....	16		

a) Looking at the list above, are there any foods which you should eat more of than you do? Write the number for each of these foods in the first column of boxes below.

b) Why don't you eat more of those things? What is the main reason you don't eat more of each? Write the number for the main reason alongside each food item in the second column of boxes below.

- It is too expensive to buy 1
- I don't like it 2
- My family or partner doesn't like it..... 3
- It is difficult to buy near here..... 4
- some other reason (write in the reason)..... 5

DMSHD1.C	a)	DMSWH1.C	b)
I should eat more of food number...	<input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/>	I don't eat it more because	<input style="width: 20px; height: 20px;" type="text"/>
DMSHD2.C		DMSWH2.C	
I should eat more of food number...	<input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/>	I don't eat it more because	<input style="width: 20px; height: 20px;" type="text"/>
DMSHD3.C		DMSWH3.C	
I should eat more of food number...	<input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/>	I don't eat it more because	<input style="width: 20px; height: 20px;" type="text"/>
DMSHD4.C		DMSWH4.C	
I should eat more of food number...	<input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/>	I don't eat it more because	<input style="width: 20px; height: 20px;" type="text"/>
DMSHD5.C		DMSWH5.C	
I should eat more of food number...	<input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/>	I don't eat it more because	<input style="width: 20px; height: 20px;" type="text"/>

Thank you for filling in the diet booklet