

Appendix

HEALTH 2000 ANSWER SHEET

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EATING HABITS

FIRST SOME QUESTIONS RELATING TO YOUR DIETARY HABITS

<p>1. Have you been on a special diet in the last 12 months?</p> <p><input type="radio"/> No <input type="radio"/> Yes, Weight loss <input type="radio"/> Yes, Vegetarian <input type="radio"/> Yes, Low fat, low cholesterol <input type="radio"/> Yes, High fibre <input type="radio"/> Yes, Other, please specify _____</p> <p>2. How much oil is used per month in your household?</p> <table border="0"> <tr> <td style="vertical-align: top;"> <p>Pure olive oil</p> <p><input type="radio"/> none <input type="radio"/> less than 1 litre <input type="radio"/> 1 to 3 litres <input type="radio"/> 3 to 5 litres <input type="radio"/> 5 to 7 litres <input type="radio"/> 7 to 9 litres <input type="radio"/> more than 9 litres <input type="radio"/> don't know</p> </td> <td style="vertical-align: top;"> <p>Other vegetable oils/blends</p> <p><input type="radio"/> none <input type="radio"/> less than 1 litre <input type="radio"/> 1 to 3 litres <input type="radio"/> 3 to 5 litres <input type="radio"/> 5 to 7 litres <input type="radio"/> 7 to 9 litres <input type="radio"/> more than 9 litres <input type="radio"/> don't know</p> </td> </tr> </table> <p>3. Which of the following do you most often have on or with bread/toast?</p> <p><input type="radio"/> butter <input type="radio"/> margarine <input type="radio"/> sometimes butter, sometimes margarine <input type="radio"/> olive oil <input type="radio"/> I don't use anything</p> <p>4. When FRYING meat, fish, poultry or vegetables, which do you (or the person who cooks your food) use most often?</p> <p><input type="radio"/> butter <input type="radio"/> margarine <input type="radio"/> dripping or lard <input type="radio"/> olive oil <input type="radio"/> vegetable oil <input type="radio"/> I never eat fried food <input type="radio"/> don't know</p> <p>5. What dressing do you usually add to salad vegetables?</p> <p><input type="radio"/> no dressing <input type="radio"/> oil and vinegar <input type="radio"/> mayonnaise <input type="radio"/> lemon juice or other fat free dressing <input type="radio"/> Other, please specify _____</p> <p>6. What dressing do you usually add to cooked vegetables?</p> <p><input type="radio"/> no dressing (or fat free dressing) <input type="radio"/> butter <input type="radio"/> margarine <input type="radio"/> olive oil <input type="radio"/> vegetable oil</p> <p>7. What kind of fat do you (or the person who cooks your food) most often use for BAKING cakes, biscuits, pies, etc?</p> <p><input type="radio"/> butter <input type="radio"/> margarine <input type="radio"/> dripping or lard <input type="radio"/> olive oil <input type="radio"/> vegetable oil <input type="radio"/> I never eat baked foods <input type="radio"/> don't know</p>	<p>Pure olive oil</p> <p><input type="radio"/> none <input type="radio"/> less than 1 litre <input type="radio"/> 1 to 3 litres <input type="radio"/> 3 to 5 litres <input type="radio"/> 5 to 7 litres <input type="radio"/> 7 to 9 litres <input type="radio"/> more than 9 litres <input type="radio"/> don't know</p>	<p>Other vegetable oils/blends</p> <p><input type="radio"/> none <input type="radio"/> less than 1 litre <input type="radio"/> 1 to 3 litres <input type="radio"/> 3 to 5 litres <input type="radio"/> 5 to 7 litres <input type="radio"/> 7 to 9 litres <input type="radio"/> more than 9 litres <input type="radio"/> don't know</p>	<p>8. When you add milk to cereal or tea/coffee etc. which do you most often use?</p> <p><input type="radio"/> full cream milk <input type="radio"/> reduced fat milk eg. PhysiCAL, REV <input type="radio"/> skim milk <input type="radio"/> soya milk <input type="radio"/> I don't use milk</p> <p>9. Do you usually take milk in:</p> <table border="0"> <tr> <td style="vertical-align: top;"> <p>Tea</p> <p><input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Don't drink tea</p> </td> <td style="vertical-align: top;"> <p>Coffee</p> <p><input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Don't drink coffee</p> </td> <td style="vertical-align: top;"> <p>Coffee Substitute (e.g. Caro)</p> <p><input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Don't drink coffee substitutes</p> </td> </tr> </table> <p>10. How many teaspoons of sugar on average do you add to your food and drink each day? (Do not consider sugar used in cooking)</p> <p><input type="radio"/> 0 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7 <input type="radio"/> 8 <input type="radio"/> 9 <input type="radio"/> 10 <input type="radio"/> 11 <input type="radio"/> 12 <input type="radio"/> 13 <input type="radio"/> 14 <input type="radio"/> 15 <input type="radio"/> 16 <input type="radio"/> 17 <input type="radio"/> 18 <input type="radio"/> 19 <input type="radio"/> 20</p> <p>11. How often do you eat garlic or foods cooked with garlic?</p> <p><input type="radio"/> every day <input type="radio"/> 4 to 6 times a week <input type="radio"/> 2 to 3 times a week <input type="radio"/> once a week <input type="radio"/> 2 to 3 times a month <input type="radio"/> once a month <input type="radio"/> less than once a month <input type="radio"/> never</p> <p>12. Did you take any of the following diet supplements at least once a week over the last 12 months?</p> <table border="0"> <tr> <td>Multivitamins</td> <td><input type="radio"/> No</td> <td><input type="radio"/> Yes</td> </tr> <tr> <td>Vitamin A</td> <td><input type="radio"/> No</td> <td><input type="radio"/> Yes</td> </tr> <tr> <td>Vitamin C</td> <td><input type="radio"/> No</td> <td><input type="radio"/> Yes</td> </tr> <tr> <td>Vitamin E</td> <td><input type="radio"/> No</td> <td><input type="radio"/> Yes</td> </tr> <tr> <td>Calcium</td> <td><input type="radio"/> No</td> <td><input type="radio"/> Yes</td> </tr> </table> <table border="0"> <tr> <td></td> <td>No</td> <td>Yes</td> <td>capsules or teaspoons per</td> <td>day/week</td> </tr> <tr> <td>Fish oils</td> <td><input type="radio"/> N</td> <td><input type="radio"/> Y</td> <td><input type="radio"/> 0</td> <td><input type="radio"/> 1</td> <td><input type="radio"/> 2</td> <td><input type="radio"/> 3</td> <td><input type="radio"/> 4</td> <td><input type="radio"/> 5</td> <td><input type="radio"/> 6</td> <td><input type="radio"/> D</td> <td><input type="radio"/> W</td> </tr> <tr> <td>Cod Liver oil</td> <td><input type="radio"/> N</td> <td><input type="radio"/> Y</td> <td><input type="radio"/> 0</td> <td><input type="radio"/> 1</td> <td><input type="radio"/> 2</td> <td><input type="radio"/> 3</td> <td><input type="radio"/> 4</td> <td><input type="radio"/> 5</td> <td><input type="radio"/> 6</td> <td><input type="radio"/> D</td> <td><input type="radio"/> W</td> </tr> <tr> <td>Wheat bran</td> <td><input type="radio"/> N</td> <td><input type="radio"/> Y</td> <td><input type="radio"/> 0</td> <td><input type="radio"/> 1</td> <td><input type="radio"/> 2</td> <td><input type="radio"/> 3</td> <td><input type="radio"/> 4</td> <td><input type="radio"/> 5</td> <td><input type="radio"/> 6</td> <td><input type="radio"/> D</td> <td><input type="radio"/> W</td> </tr> <tr> <td>Oat bran</td> <td><input type="radio"/> N</td> <td><input type="radio"/> Y</td> <td><input type="radio"/> 0</td> <td><input type="radio"/> 1</td> <td><input type="radio"/> 2</td> <td><input type="radio"/> 3</td> <td><input type="radio"/> 4</td> <td><input type="radio"/> 5</td> <td><input type="radio"/> 6</td> <td><input type="radio"/> D</td> <td><input type="radio"/> W</td> </tr> <tr> <td>Fibre supplements (e.g. Fybogel, metamucil)</td> <td><input type="radio"/> N</td> <td><input type="radio"/> Y</td> <td><input type="radio"/> 0</td> <td><input type="radio"/> 1</td> <td><input type="radio"/> 2</td> <td><input type="radio"/> 3</td> <td><input type="radio"/> 4</td> <td><input type="radio"/> 5</td> <td><input type="radio"/> 6</td> <td><input type="radio"/> D</td> <td><input type="radio"/> W</td> </tr> </table> <p>13. Which best describes what happens to your skin when, or if, you are exposed to strong sunshine?</p> <p><input type="radio"/> I usually burn and rarely tan <input type="radio"/> I burn first, then tan <input type="radio"/> I usually tan and rarely burn</p>	<p>Tea</p> <p><input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Don't drink tea</p>	<p>Coffee</p> <p><input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Don't drink coffee</p>	<p>Coffee Substitute (e.g. Caro)</p> <p><input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Don't drink coffee substitutes</p>	Multivitamins	<input type="radio"/> No	<input type="radio"/> Yes	Vitamin A	<input type="radio"/> No	<input type="radio"/> Yes	Vitamin C	<input type="radio"/> No	<input type="radio"/> Yes	Vitamin E	<input type="radio"/> No	<input type="radio"/> Yes	Calcium	<input type="radio"/> No	<input type="radio"/> Yes		No	Yes	capsules or teaspoons per	day/week	Fish oils	<input type="radio"/> N	<input type="radio"/> Y	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6	<input type="radio"/> D	<input type="radio"/> W	Cod Liver oil	<input type="radio"/> N	<input type="radio"/> Y	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6	<input type="radio"/> D	<input type="radio"/> W	Wheat bran	<input type="radio"/> N	<input type="radio"/> Y	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6	<input type="radio"/> D	<input type="radio"/> W	Oat bran	<input type="radio"/> N	<input type="radio"/> Y	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6	<input type="radio"/> D	<input type="radio"/> W	Fibre supplements (e.g. Fybogel, metamucil)	<input type="radio"/> N	<input type="radio"/> Y	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6	<input type="radio"/> D	<input type="radio"/> W
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STICK
 BARCODE
 LABEL
 HERE

COMPLETE AS IF FOODS

ARE IN SEASON FOODS	Number of times you have eaten these foods over the last year;	Never or less than once per month	1-3 per month	1 per week	2-4 per week	5-6 per week	1 per day	2-3 per day	4-5 per day	6+ per day
CEREAL FOODS, CAKES & BISCUITS										
Wheatgerm		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Muesli		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other Breakfast cereals		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Rice boiled (incl. brown rice)		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fried rice		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mixed dishes with rice		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
White bread, rolls or toast		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wholewheat or rye bread, rolls or toast		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fruit bread		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Crackers or crispbreads		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sweet biscuits		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cakes or sweet pastries		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Puddings		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pasta or noodles		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pizza		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dim sims or spring rolls		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pies or savoury pastries		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
DAIRY FOODS & EGGS										
Cottage cheese		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ricotta cheese		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fetta cheese		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Low fat, low cholesterol cheese		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hard grating cheeses eg. parmesan		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cream cheese		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cheddar or similar cheeses		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ice cream		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Custard		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cream or sour cream		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Yoghurt (incl. low fat varieties)		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eggs, boiled or poached		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eggs, fried or scrambled		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mixed dishes with egg		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Butter		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Margarine		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
MEAT, POULTRY, SEAFOOD & MIXED DISHES										
Veal or beef schnitzel		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Beef or veal, roast		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Beef steak		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Rissoles or meatloaf		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mixed dishes with beef (inc. stews, curry & meat sauce)		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chicken, roast or fried (incl. schnitzel)		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Development of the Melbourne FFQ: a food frequency questionnaire for use in an Australian prospective study involving an ethnically diverse cohort

Paul Ireland, Damien Jolley, Graham Giles, Kerin O'Dea, John Powles, Ingrid Rutishauser, Mark L. Wahlqvist and Joanne Williams

Asia Pacific Journal of Clinical Nutrition 1994; 3: 19-31

墨爾本食物次數調查表 (FFQ) 的研製：
一種用於研究澳洲人和不同種族的食物次數調查表

摘要

目的：建立一種可用光學掃描的食物次數調查表 (FFQ)，墨爾本 FFQ 適合於澳洲、希臘和意大利出生的人，並可用四分位數的方法對進食一系列食物和營養素分析。FFQ 在未來人群的研究中將提供基本的膳食估量。

設計：該 FFQ 是模仿美國護士健康的研究。食物項目的選擇是基於一系列營養素進食的相對貢獻，這從食物稱重記錄估計的。

背景：在澳洲一個有三百萬人口的墨爾本市進行，該市有 75.5% 的人在澳洲出生；2.7% 的人在意大利出生；和 1.7% 的人在希臘出生。

參加者：食物稱重調查 (1987-1989)，包括 810 位健康、中年 (40-69 歲) 男人和婦女志願者。他們有 35% 在希臘出生；33% 在意大利出生；和 32% 在澳洲出生。墨爾本人群研究 (1990-1993)，包括 17,949 位健康男人和婦女，年齡在 40-69 歲。他們有 61% 在澳洲出生；21% 在意大利出生；和 17% 在希臘出生。

結果：一個包括 121 項的 FFQ，連同按規格改製的營養素數據基礎已被制定。這種光學掃描格式一般地被普遍接受。該 FFQ 似高估水果和蔬菜的消耗。

結論：該墨爾本 FFQ 提供了測定大人羣慣常膳食的簡便方法。但在個體的水平，去評估該法究竟有多大的好處，仍需進一步的研究。