



IDnumber :	Initials:
DOB:	Family ID:

### Short Fat Questionnaire

*Tick the box that best describes your usual eating habits*

1. How often do you eat fried food with batter or breadcrumb coating?

- 6 or more times per week
- 3-5 times per week
- 1-2 times per week
- Less than once a week
- Never

2. How often do you eat gravy, cream sauces or cheese sauces?

- 6 or more times per week
- 3-5 times per week
- 1-2 times per week
- Less than once a week
- Never

3. How often do you add butter, margarine, oil or sour cream to vegetables, rice, spaghetti?

- 6 or more times per week
- 3-5 times per week
- 1-2 times per week
- Less than once a week
- Never

4. How often do you eat vegetables that are fried or roasted with fat or oil?

- 6 or more times per week
- 3-5 times per week
- 1-2 times per week
- Less than once a week
- Never

5. How many times a week do you eat meat pies, sausages, salami, burgers or bacon?

- 6 or more times per week
- 3-5 times per week
- 1-2 times per week
- Less than once a week
- Never

6. How often do you eat pastries, cakes, sweet biscuits or croissants?

- 6 or more times per week
- 3-5 times per week
- 1-2 times per week
- Less than once a week
- Never

7. How many times a week do you eat hot chips?

- 6 or more times per week
- 3-5 times per week
- 1-2 times per week
- Less than once a week
- Never

8. How is your meat usually cooked?

- Fried
- Stewed
- Grilled/roasted with added fat/oil
- Grilled/roasted without fat/oil
- Eat meat occasionally or never

9. How do you spread butter/marg on bread?

- Thickly
- Medium
- Thinly
- Never use butter/marg

10. How many times a week do you eat chocolate or sweet snack bars?

- 6 or more times per week
- 3-5 times per week
- 1-2 times per week
- Less than once a week
- Never

11. How many times a week do you eat crisps, corn chips or nuts?

- 6 or more times per week
- 3-5 times per week
- 1-2 times per week
- Less than once a week
- Never

12. How often do you eat cream?

- 6 or more times per week
- 3-5 times per week
- 1-2 times per week
- Less than once a week
- Never

13. How often do you eat more than a small serve of ice cream?

- 6 or more times per week
- 3-5 times per week
- 1-2 times per week
- Less than once a week
- Never

14. How often do you eat more than a small piece of cheese (exclude low fat cheese)?

- 6 or more times per week
- 3-5 times per week
- 1-2 times per week
- Less than once a week
- Never

15. What type of milk do you use on breakfast cereal or in cooking?

- Cow or goat's milk
- Soy milk

16. What form of milk in Q15 do you consume?

- Condensed or evaporated
- Full cream
- Full cream and reduced fat
- Reduced fat
- Skim

17. How much skin on chicken do you eat?

- Most or all of the skin
- Some of the skin
- None of the skin /I am vegetarian

18. How much of the fat on meat do you eat?

- Most or all of the fat
- Some of the fat
- No fat /I am vegetarian

19. How many serves of fruit (fresh, canned, frozen) do you usually eat each day? (a serve is what fits into the palm of your hand)

- I don't eat fruit
- Less than 1 serving per day
- 1 serving per day
- 2 servings per day
- 3 servings per day
- 4 or more servings per day

20. How many serves of vegetables (fresh, canned, frozen) do you usually eat each day? (a serve is what fits into the palm of your hand)

- I don't eat vegetables
- Less than 1 serving per day
- 1 serving per day
- 2 servings per day
- 3 servings per day
- 4 or more servings per day

**Thank you for your assistance with this Questionnaire**