<table>
<thead>
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<th>Question</th>
<th>Options</th>
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| 1. How often do you eat fried food with batter or breadcrumb coating?  | 6. 6 or more times per week  
3. 3-5 times per week  
2. 1-2 times per week  
1. Less than once a week  
0. Never                       |
| 2. How often do you eat gravy, cream sauces or cheese sauces?         | 6. 6 or more times per week  
3. 3-5 times per week  
2. 1-2 times per week  
1. Less than once a week  
0. Never                       |
| 3. How often do you add butter, marg, oil or sour cream to vegetables, rice, spaghetti? | 6. 6 or more times per week  
3. 3-5 times per week  
2. 1-2 times per week  
1. Less than once a week  
0. Never                       |
| 4. How often do you eat vegetables that are fried or roasted with fat or oil? | 6. 6 or more times per week  
3. 3-5 times per week  
2. 1-2 times per week  
1. Less than once a week  
0. Never                       |
| 5. How many times a week do you eat meat pies, sausages, salami, burgers or bacon? | 6. 6 or more times per week  
3. 3-5 times per week  
2. 1-2 times per week  
1. Less than once a week  
0. Never                       |
| 6. How often do you eat pastries, cakes, sweet biscuits or croissants? | 6. 6 or more times per week  
3. 3-5 times per week  
2. 1-2 times per week  
1. Less than once a week  
0. Never                       |
| 7. How many times a week do you eat hot chips?                         | 6. 6 or more times per week  
3. 3-5 times per week  
2. 1-2 times per week  
1. Less than once a week  
0. Never                       |
| 8. How is your meat usually cooked?                                   | Fried  
3. Stewed  
2. Grilled/roasted with added fat/oil  
1. Grilled/roasted without fat/oil  
0. Eat meat occasionally or never |
| 9. How do you spread butter/marg on bread?                            | 6. 6 or more times per week  
3. 3-5 times per week  
2. 1-2 times per week  
1. Less than once a week  
0. Never                       |
| 10. How many times a week do you eat chocolate or sweet snack bars?    | 6. 6 or more times per week  
3. 3-5 times per week  
2. 1-2 times per week  
1. Less than once a week  
0. Never                       |
| 11. How many times a week do you eat crisps, corn chips or nuts?       | 6. 6 or more times per week  
3. 3-5 times per week  
2. 1-2 times per week  
1. Less than once a week  
0. Never                       |
| 12. How often do you eat cream?                                       | 6. 6 or more times per week  
3. 3-5 times per week  
2. 1-2 times per week  
1. Less than once a week  
0. Never                       |
| 13. How often do you eat more than a small serve of ice cream?         | 6. 6 or more times per week  
3. 3-5 times per week  
2. 1-2 times per week  
1. Less than once a week  
0. Never                       |
| 14. How often do you eat more than a small piece of cheese (exclude low fat cheese)? | 6. 6 or more times per week  
3. 3-5 times per week  
2. 1-2 times per week  
1. Less than once a week  
0. Never                       |
| 15. What type of milk do you use on breakfast cereal or in cooking?    | Condensed or evaporated  
3. Full cream  
2. Full cream and reduced fat  
1. Reduced fat  
0. Skim                       |
| 16. How much skin on chicken do you eat?                               | 2. Most or all of the skin  
1. Some of the skin  
0. None of the skin/I am vegetarian |
| 17. How much of the fat on meat do you eat?                            | 2. Most or all of the fat  
1. Some of the fat  
0. No fat/I am vegetarian      |