

## Food Frequency Questionnaire

This questionnaire asks about foods eaten over the past year.

Participants responses should be the number of times either 'per day', 'per week', or 'per month'.

### BREAD AND BREAD SPREADS

How often do you consume one serving of:

		per day	per week	per month	Never/Rarely
1	White bread (inc. naan)				<input type="checkbox"/>
2	Wholemeal bread				<input type="checkbox"/>
3	Bread with dried fruit/nuts/seeds e.g. walnut bread, raisin bread, corn bread, multigrain				<input type="checkbox"/>

One serving means:

2 slices
2 slices
2 slices

4	Margarine e.g. olive spread, Planta®				<input type="checkbox"/>
5	Butter				<input type="checkbox"/>
6	Kaya				<input type="checkbox"/>
7	Peanut butter				<input type="checkbox"/>
8	Jam/Marmalade/Honey				<input type="checkbox"/>
9	Chocolate spread e.g. Nutella®				<input type="checkbox"/>

1 teaspoon
1 teaspoon
1 teaspoon
1 teaspoon
1 teaspoon
1 teaspoon

10	French toast				<input type="checkbox"/>
11	Pizza				<input type="checkbox"/>
12	Thosai, plain or with filling e.g. potato				<input type="checkbox"/>
13	Roti prata, plain or with egg/cheese (inc. paratha)				<input type="checkbox"/>
14	Chapati				<input type="checkbox"/>
15	Murtabak				<input type="checkbox"/>
16	Puri (deep-fried Indian bread)				<input type="checkbox"/>
17	Sweet filled buns (inc. pau) e.g. red bean, coconut, custard				<input type="checkbox"/>
18	Savoury filled buns (inc. pau) e.g. chicken, char siew, cheese, hot dog				<input type="checkbox"/>

2 triangular slices
1 slice (from 14" pizza)
1 piece
1 piece
1 piece
¼ of a whole/ 2 small pieces
1 piece
1 piece
1 piece

**RICE**

*How often do you consume one serving of:*

		Per day	Per week	Per month	Never/Rarely	One serving means:
<b>19</b>	<b>Rice, plain, boiled/steamed</b> (excluding porridge)				<input type="checkbox"/>	1 rice bowl

*How often is the rice:*

		Never/Rarely	Sometimes	Half the time	Mostly	Always
<b>19a</b>	<b>Mixture of white and brown/red</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>19b</b>	<b>Brown or red rice (unpolished)</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>19c</b>	<b>White rice (inc. basmati)</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

*How often do you consume one serving of:*

		Per day	Per week	Per month	Never/Rarely	One serving means:
<b>20</b>	<b>Rice porridge, flavoured, (exc. plain)</b> e.g. chicken, pork, duck, fish, vegetarian				<input type="checkbox"/>	1 medium bowl/ 1 soup bowl(half full)

*How often is the porridge made with:*

		Never/Rarely	Sometimes	Half the time	Mostly	Always
<b>20a</b>	<b>Mixture of white and brown/red</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>20b</b>	<b>Brown or red rice (unpolished)</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>20c</b>	<b>White rice</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

*How often do you consume one serving of:*

		Per day	Per week	Per month	Never/Rarely	One serving means:
<b>21</b>	<b>Rice porridge, plain</b>				<input type="checkbox"/>	1 medium bowl

*How often is the porridge made with:*

		Never/Rarely	Sometimes	Half the time	Mostly	Always
<b>21a</b>	<b>Mixture of white and brown/red</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>21b</b>	<b>Brown or red rice (unpolished)</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>21c</b>	<b>White rice</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

How often do you consume one serving of:		Per day	Per week	Per month	Never/Rarely	One serving means:
22	Fried rice				<input type="checkbox"/>	1 plate

How often is the fried rice with:

		Never/Rarely	Sometimes	Half the time	Mostly	Always
22a	With vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

How often is the fried rice made with:

		Never/Rarely	Sometimes	Half the time	Mostly	Always
22b	Mixture of white and brown/red	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22c	Brown or red rice (unpolished)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22d	White rice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

How often is the fried rice prepared:

		Never/Rarely	Sometimes	Half the time	Mostly	Always
22e	At home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22f	By food outlet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

How often do you consume one serving of:		Per day	Per week	Per month	Never/Rarely	One serving means:
23	<b>Flavoured rice</b> Chicken rice, briyani, nasi lemak, pilau, nasi minyak, yellow rice, olive rice, tomato rice, saffron rice, yam rice				<input type="checkbox"/>	1 rice bowl
24	<b>Flavoured rice dish (mixed with meat/veg)</b> e.g. bi bim bap, claypot, mui fan, fan choy				<input type="checkbox"/>	1 medium bowl
25	<b>Glutinous rice</b> e.g. lor mai kai, bak chang				<input type="checkbox"/>	1 rice bowl, 1 piece
26	<b>Lontong</b>				<input type="checkbox"/>	4 pieces
27	<b>Idli (steamed rice cake, savoury)</b>				<input type="checkbox"/>	2 pieces
28	<b>Rice roll</b> e.g chwee kway, chee cheong fun				<input type="checkbox"/>	1 piece

**GRAVY**

How often do you consume one serving of:

		Per day	Per week	Per month	Never/Rarely	One serving means:
<b>29</b>	<b>Gravy, with coconut</b> ( <u>extra</u> on top of rice or as a side dish) e.g. curry gravy				<input type="checkbox"/>	1 scoop
<b>30</b>	<b>Gravy, without coconut</b> ( <u>extra</u> on top of rice or as a side dish) e.g. braised gravy, sambhar				<input type="checkbox"/>	1 scoop

**NOODLES**

How often do you consume one serving of:

		Per day	Per week	Per month	Never/Rarely	One serving means:
<b>31</b>	<b>Noodles, fried</b> e.g. mee goreng, Hokkien mee, hor fun				<input type="checkbox"/>	1 plate
<b>32</b>	<b>Noodles, in gravy</b> e.g. laksa, mee rebus, mee siam, lor mee, curry noodles				<input type="checkbox"/>	1 medium bowl
<b>33</b>	<b>Noodles, in soup</b> e.g. yong tau foo, mee soto, ramen, instant noodle soup, fishball noodles, sliced fish bee hoon				<input type="checkbox"/>	1 medium bowl
<b>34</b>	<b>Noodles, dry</b> e.g. instant, dry wanton noodles, fishball noodles, mincemeat and mushroom noodles				<input type="checkbox"/>	1 medium bowl

How often are the noodles:

		Never/Rarely	Sometimes	Half the time	Mostly	Always
<b>34a</b>	<b>White rice noodles</b> e.g. bee hoon, kway teow, mee tai mak	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>34b</b>	<b>Brown rice noodles</b> e.g. brown rice bee hoon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>34c</b>	<b>Wheat noodles</b> e.g. yellow noodles, ban mian, mee hoon kueh, you-mian, sheng mien, yee mien, mee pok, mee kia, mee sua, ramen, soba, udon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>34d</b>	<b>Instant noodles</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

How often are the noodles prepared:

		Never/Rarely	Sometimes	Half the time	Mostly	Always
<b>34e</b>	<b>At home</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>34f</b>	<b>By food outlet</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**PASTA***How often do you consume one serving of:*

		Per day	Per week	Per month	Never/Rarely	One serving means:
35	<b>Pasta, plain (without meat/fish/seafood/veg)</b> e.g. aglio olio				<input type="checkbox"/>	1 plate
36	<b>Pasta, with meat/fish/seafood/veg</b>				<input type="checkbox"/>	1 plate

*How often is the pasta:*

		Never/Rarely	Sometimes	Half the time	Mostly	Always
36a	<b>Wholemeal</b> (brownier colour, rough texture)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

*How often is the pasta made with:*

		Never/Rarely	Sometimes	Half the time	Mostly	Always
36b	<b>Tomato sauce</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
36c	<b>Creamy sauce</b> e.g. cheese sauce	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
36d	<b>Without any sauce</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**FRENCH FRIES***How often do you consume one serving of:*

		Per day	Per week	Per month	Never/Rarely	One serving means:
37	<b>French fries</b> (inc. wedges, crinkle cut)				<input type="checkbox"/>	1 regular serving

**BREAKFAST CEREAL***How often do you consume one serving of:*

		Per day	Per week	Per month	Never/Rarely	One serving means:
38	<b>Oats</b> e.g. rolled oats, instant				<input type="checkbox"/>	1 medium bowl
39	<b>3-in-1 cereal</b> e.g. Nutremill®, Nestum®				<input type="checkbox"/>	1 cup
40	<b>Other breakfast cereal</b> <b>PLEASE STATE BRAND AND TYPE</b>					
40a	_____				<input type="checkbox"/>	1 medium bowl (before adding milk)
40b	_____				<input type="checkbox"/>	1 medium bowl (before adding milk)

## POULTRY DISHES

How often do you consume one serving of:

Per day  
Per week  
Per month  
Never/Rarely

One serving means:

41	Chicken/turkey ham					4 slices ham
42	Processed chicken products e.g. nugget, sausage, burger, hot dog				<input type="checkbox"/>	6 nuggets; 1 sausage/burger
43	Chicken/duck, fresh (not processed) Including chicken from mixed dishes such as chicken rice, nasi lemak				<input type="checkbox"/>	1 palm-sized piece

43a	How often do you remove the skin from chicken/duck:
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Never/Rarely  
Sometimes  
Half the time  
Mostly  
Always

How often do you consume chicken/duck:

43b	In curry with coconut
43c	In curry without coconut
43d	Stir-fried/pan-fried
43e	Deep-fried
43f	Stewed/braised
43g	Roasted/grilled/baked
43h	Boiled/steamed/in soup

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

How often do you consume chicken/duck prepared:

43i	At home
43j	By food outlet

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**FISH AND SEAFOOD DISHES***How often do you consume one serving of:*

		Per day	Per week	Per month	Never/Rarely
<b>44</b>	<b>Raw fish/sashimi (no rice)</b>				<input type="checkbox"/>
<b>45</b>	<b>Sushi roll/nigiri (includes rice)</b>				<input type="checkbox"/>
<b>46</b>	<b>Salted fish/dried fish</b> e.g. ikan bilis				<input type="checkbox"/>
<b>47</b>	<b>Canned fish</b> e.g. tuna, sardines, dace				<input type="checkbox"/>

*One serving means:*

1 piece
3 pieces, 1 handroll
1 dessertspoon
1 can (150g)

*Excluding the fish above, how often do you consume one serving of:*

<b>48</b>	<b>White fish</b> (dry and flaky) e.g. pomfret, snapper, bream, catfish, grouper, sea bass, stingray, kuning, cod, dory, fish ball, fish cake				<input type="checkbox"/>
<b>49</b>	<b>Oily/fatty fish</b> (solid texture, darker colour) eg. mackerel/kembong/batang/saba, yellowtail trevally, salmon, sardine, tuna				<input type="checkbox"/>
<b>50</b>	<b>Prawns</b>				<input type="checkbox"/>
<b>51</b>	<b>Crab</b>				<input type="checkbox"/>
<b>52</b>	<b>Squid/sotong, cuttlefish, octopus, abalone</b>				<input type="checkbox"/>
<b>53</b>	<b>Oysters/cockles/mussels/scallops</b>				<input type="checkbox"/>

1 fish fillet/ 1 palm-sized piece
1 fish fillet/ 1 palm-sized piece
1 scoop/ 4 medium prawns
half a small crab
1 scoop
1 scoop (without shells)

*How often do you consume fish/seafood  
(e.g. fish, prawns, crab, sotong):*

<b>53a</b>	<b>In curry with coconut</b>
<b>53b</b>	<b>In curry without coconut</b> e.g. asam pedas, asam rebus
<b>53c</b>	<b>Stir-fried/pan-fried</b>
<b>53d</b>	<b>Deep-fried</b>
<b>53e</b>	<b>Stewed/braised</b>
<b>53f</b>	<b>Roasted/grilled/baked</b>
<b>53g</b>	<b>Boiled/steamed/in soup</b>

Never/Rarely	Sometimes	Half the time	Mostly	Always
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

*How often do you consume fish/seafood prepared:*

<b>53h</b>	<b>At home</b>
<b>53i</b>	<b>By food outlet</b>

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**MEAT DISHES***How often do you consume one serving of:*

Per day  
Per week  
Per month  
Never/Rarely

*One serving means:*

54	<b>Organ meat (spare parts)</b> e.g. liver, paru/lung, kidney, intestines				<input type="checkbox"/>	1 scoop
55	<b>Cured pork products</b> e.g. bacon, ham, lap cheong, luncheon meat				<input type="checkbox"/>	1 sausage, 2 slices bacon/ham; 1 slice luncheon meat
56	<b>Pork, fresh</b>				<input type="checkbox"/>	1 palm-sized piece
57	<b>Beef burger</b> (inc. bread bun)				<input type="checkbox"/>	1 burger
58	<b>Beef, fresh</b> (excluding burgers)				<input type="checkbox"/>	1 palm-sized piece
59	<b>Mutton/Lamb</b>				<input type="checkbox"/>	1 palm-sized piece

		Never/Rarely	Sometimes	Half the time	Mostly	Always
59a	<b>How often is there visible fat on the meat you consume?</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>How often do you consume meat (e.g. beef, pork, mutton):</i>						
59b	<b>In curry with coconut</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
59c	<b>In curry without coconut</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
59d	<b>Stir-fried/pan-fried</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
59e	<b>Deep-fried</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
59f	<b>Stewed/braised</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
59g	<b>Roasted/grilled/baked</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
59h	<b>Boiled/steamed/in soup</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>How often do you consume meat prepared:</i>						
59i	<b>At home</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
59j	<b>By food outlet</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



**EGG AND EGG DISHES**

How often do you consume one serving of:

Per day  
Per week  
Per month  
Never/Rarely

One serving means:

**Egg-based mixed dishes (egg is the main ingredient)**

e.g. omelette, steamed egg, scrambled egg with vegetables, chawanmushi

60	containing <b>Pork</b>				<input type="checkbox"/>	1 scoop/1 piece
61	containing <b>Chicken</b>				<input type="checkbox"/>	1 scoop/1 piece
62	containing <b>Fish</b>				<input type="checkbox"/>	1 scoop/1 piece
63	containing <b>Beancurd</b>				<input type="checkbox"/>	1 scoop/1 piece
64	containing <b>Vegetables</b>				<input type="checkbox"/>	1 scoop/1 piece

How often do you consume egg dishes prepared:

Never/Rarely  
Sometimes  
Half the time  
Mostly  
Always

64a	At home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
64b	By food outlet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Excluding the egg above, how often do you consume one serving of:

Per day  
Per week  
Per month  
Never/Rarely

One serving means:

65	Egg, fried/scrambled/braised				<input type="checkbox"/>	1 egg
66	Egg, boiled/half-boiled/steamed				<input type="checkbox"/>	1 egg

**VEGETABLE DISHES**

How often do you consume one serving of:

Per day  
Per week  
Per month  
Never/Rarely

One serving means:

67	Broccoli				<input type="checkbox"/>	1 scoop
68	Chye sim/mustard greens/xiao bai cai				<input type="checkbox"/>	1 scoop
69	Kailan				<input type="checkbox"/>	1 scoop
70	Kang kong				<input type="checkbox"/>	1 scoop
71	Spinach				<input type="checkbox"/>	1 scoop
72	Cabbage, white				<input type="checkbox"/>	1 scoop
73	Beansprouts				<input type="checkbox"/>	1 scoop
74	Cauliflower				<input type="checkbox"/>	1 scoop

How often do you consume one serving of:

		per day	per week	per month	Never/Rarely	One serving means:
75	Eggplant/Brinjal				<input type="checkbox"/>	1 scoop
76	Gourd e.g. bitter, bottle, wax, wintermelon				<input type="checkbox"/>	1 scoop
77	Celery				<input type="checkbox"/>	1 scoop
78	Ladies fingers/okra				<input type="checkbox"/>	1 scoop
79	Mushrooms				<input type="checkbox"/>	1 scoop
80	Carrot				<input type="checkbox"/>	1 scoop
81	Capsicum/paprika				<input type="checkbox"/>	1 scoop
82	Dhal/lentils				<input type="checkbox"/>	1 scoop
83	Peas				<input type="checkbox"/>	1 scoop
84	Long beans and french beans				<input type="checkbox"/>	1 scoop
85	Other beans e.g. kidney bean, baked beans, chick peas				<input type="checkbox"/>	1 scoop
86	Lotus root				<input type="checkbox"/>	1 scoop
87	Pumpkin				<input type="checkbox"/>	1 scoop
88	Soy beancurd/tofu/taukwa/taupok/tempeh				<input type="checkbox"/>	1/4 block(3cmx3cm) / 1 piece
89	Corn				<input type="checkbox"/>	1 cup
90	Yam				<input type="checkbox"/>	1 slice
91	Begedil (potato patty)				<input type="checkbox"/>	1 piece
92	Potato (inc. mash) (excluding french fries)				<input type="checkbox"/>	half a potato/1 cup

How often do you consume vegetables:

		Never/Rarely	Sometimes	Half the time	Mostly	Always
92a	In curry with coconut	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
92b	In curry without coconut	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
92c	Stir-fried/pan-fried	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
92d	Deep-fried	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
92e	Stewed/braised	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
92f	Roasted/grilled/baked	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
92g	Boiled/steamed/in soup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

How often do you consume vegetable dishes:

		Never/Rarely	Sometimes	Half the time	Mostly	Always
92h	containing <b>Pork</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
92i	containing <b>Chicken</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
92j	containing <b>Fish</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
92k	containing <b>Beancurd</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
92l	containing <b>Other vegetables</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

How often do you consume vegetable dishes prepared:

92m	<b>At home</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
92n	<b>By food outlet</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

How often do you consume one serving of:

		Per day	Per week	Per month	Never/Rarely	One serving means:
93	<b>Fried onion</b> e.g. onion rings, onion bhaji	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1 piece
94	<b>Seaweed</b> e.g. in soup, in Korean/Japanese dishes, as a snack	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3 strips/ 1 dessertspoon
95	<b>Lettuce</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4 medium leaves
96	<b>Coleslaw</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1 dessertspoon
97	<b>Raita (yoghurt with cucumber)</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2 dessertspoons
98	<b>Cucumber</b> (excluding in raita)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3 slices
99	<b>Tomato, raw</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	half a medium tomato; 5 cherry tomatoes
100	<b>Preserved vegetables</b> e.g. kimchi, dong cai, pickled cucumber	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1 dessertspoon

**SALAD DRESSING**

How often do you consume one serving of:

		Per day	Per week	Per month	Never/Rarely	One serving means:
101	<b>Salad dressing, cream based, low fat</b> e.g. thousand island, salad cream, mayonnaise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2 dessertspoons
102	<b>Salad dressing, cream based, not low fat</b> e.g. thousand island, salad cream, mayonnaise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2 dessertspoons
103	<b>Salad dressing, oil-based</b> e.g. vinaigrette, olive oil	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2 dessertspoons

**SOUP***How often do you consume one serving of:*

		Per day	Per week	Per month	Never/Rarely
104	<b>Rasam (tamarind and tomato clear soup)</b>				<input type="checkbox"/>
105	<b>Other clear soup</b> e.g. miso, kimchi soup, broth, stock				<input type="checkbox"/>
106	<b>Cream soup</b> e.g. cream of mushroom, cream of tomato				<input type="checkbox"/>

*One serving means:*

1 medium bowl
1 medium bowl
1 medium bowl

**FRUIT***How often do you consume one serving of:*

		Per day	Per week	Per month	Never/Rarely
107	<b>Apple</b>				<input type="checkbox"/>
108	<b>Avocado</b>				<input type="checkbox"/>
109	<b>Banana</b>				<input type="checkbox"/>
110	<b>Blueberries</b>				<input type="checkbox"/>
111	<b>Dragonfruit</b>				<input type="checkbox"/>
112	<b>Durian</b>				<input type="checkbox"/>
113	<b>Grape</b>				<input type="checkbox"/>
114	<b>Guava</b>				<input type="checkbox"/>
115	<b>Kiwi</b>				<input type="checkbox"/>
116	<b>Mango</b>				<input type="checkbox"/>
117	<b>Melon</b> e.g. honeydew, watermelon, rock melon				<input type="checkbox"/>
118	<b>Orange</b>				<input type="checkbox"/>
119	<b>Papaya</b>				<input type="checkbox"/>
120	<b>Pear</b>				<input type="checkbox"/>
121	<b>Pineapple</b>				<input type="checkbox"/>
122	<b>Strawberries</b>				<input type="checkbox"/>
123	<b>Dried fruit</b> e.g. raisins, dates, prunes (excluding in bread/breakfast cereal)				<input type="checkbox"/>

*One serving means:*

1 small
half a fruit
1 medium
1 handful/ 25 blueberries
half a fruit
1 seed
1 handful/ 15 grapes
half a fruit
1 whole
1 slice/ ½ a fruit
1 slice
1 small
1 slice
1 small
1 slice
5 strawberries
1 dessertspoon/ 3 dates/prunes

**BEVERAGES**

How often do you consume one serving of:		Per day	Per week	Per month	Never/Rarely	One serving means:
<b>124</b>	<b>Coffee</b> (inc. home-made, coffee shop, gourmet e.g. cappuccino)				<input type="checkbox"/>	1 cup

What type of milk do you usually add to coffee?

How much sugar do you usually add to coffee?

- 124a Sweetened condensed milk ☐
- 124b Evaporated milk ☐
- 124c Whole milk/powder ☐
- 124d Low-fat milk/powder ☐
- 124e Skimmed milk/powder ☐
- 124f Soya milk ☐
- 124g Creamer/whitener ☐
- 124h Milk is already added (I drink 3-in-1) ☐
- 124i Milk is already added (I drink 2-in-1) ☐
- 124j Do not add milk ☐

- 124k Less than 1 tsp ☐
- 124l 1-2 tsp/Ask for less ☐
- 124m 3-4 tsp/Ask for regular ☐
- 124n 5+ tsp/Ask for more ☐
- 124o None ☐

How often do you consume one serving of:		Per day	Per week	Per month	Never/Rarely	One serving means:
<b>125</b>	<b>Tea</b> (inc. home-made, coffee shop)				<input type="checkbox"/>	1 cup

What type of milk do you usually add to tea?

How much sugar do you usually add to tea?

- 125a Sweetened condensed milk ☐
- 125b Evaporated milk ☐
- 125c Whole milk/powder ☐
- 125d Low-fat milk/powder ☐
- 125e Skimmed milk/powder ☐
- 125f Soya milk ☐
- 125g Creamer/whitener ☐
- 125h Milk is already added (I drink 3-in-1) ☐
- 125i Milk is already added (I drink 2-in-1) ☐
- 125j Do not add milk ☐

- 125k Less than 1 tsp ☐
- 125l 1-2 tsp/Ask for less ☐
- 125m 3-4 tsp/Ask for regular ☐
- 125n 5+ tsp/Ask for more ☐
- 125o None ☐

How often do you consume one serving of:		Per day	Per week	Per month	Never/Rarely	One serving means:
126	<b>Malted drink/hot chocolate</b> e.g. Milo®, Ovaltine®				<input type="checkbox"/>	1 cup/can/pack

What type of milk do you usually add to malted drinks?

How much sugar do you usually add to malted drinks?

126a Sweetened condensed milk

☐

126k Less than 1 tsp

☐

126b Evaporated milk

☐

126l 1-2 tsp/Ask for less

☐

126c Whole milk/powder

☐

126m 3-4 tsp/Ask for regular

☐

126d Low-fat milk/powder

☐

126n 5+ tsp/Ask for more

☐

126e Skimmed milk/powder

☐

126o None

☐

126f Soya milk

☐

126g Creamer/whitener

☐

Is the malted drink usually:

126h Milk is already added (I drink 3-in-1)

☐

126p Packaged

☐

126i Milk is already added (I drink 2-in-1)

☐126q Freshly prepared/  
made up with water☐

126j Do not add milk

☐

How often do you consume one serving of:

Per day Per week Per month Never/Rarely

One serving means:

127	<b>Fruit or vegetable juice</b> (100% juice, no added sugar) inc. freshly squeezed or pack				<input type="checkbox"/>	1 glass/bottle/pack
128	<b>Fruit or vegetable juice drink,</b> <b>not 100% juice</b> (inc. syrups/cordials with water added) e.g. Ribena, Minute Maid				<input type="checkbox"/>	1 glass/bottle/pack
129	<b>Canned/bottled tea</b> e.g. lemon/peach tea, milk tea, chrysanthemum tea, jasmine green tea				<input type="checkbox"/>	1 glass/bottle/can
130	<b>Canned/bottled coffee</b> e.g. latte, mocha				<input type="checkbox"/>	1 bottle/can
131	<b>Other non-carbonated sweetened</b> <b>drinks</b> e.g. sugarcane juice, bandung, waterchestnut drink, barley drink				<input type="checkbox"/>	1 glass/bottle/can
132	<b>Sports drinks</b> e.g. 100 PLUS®, H-Two-O®				<input type="checkbox"/>	1 glass/bottle/can
133	<b>Carbonated soft drinks, sugar free</b> e.g. Coke Zero®				<input type="checkbox"/>	1 glass/bottle/can
134	<b>Carbonated soft drinks, regular</b> e.g. regular cola, Fanta®				<input type="checkbox"/>	1 glass/bottle/can
135	<b>Soya milk, low sugar/no sugar added,</b> <b>inc. flavoured</b> e.g. chocolate, fruit, red bean				<input type="checkbox"/>	1 glass/bottle/pack

How often do you consume one serving of:		Per day	Per week	Per month	Never/Rarely	One serving means:
136	<b>Soya milk, not low sugar, inc. flavoured</b> e.g. chocolate, fruit, red bean				<input type="checkbox"/>	1 glass/bottle/pack
137	<b>Milkshake</b> e.g. chocolate, strawberry, banana				<input type="checkbox"/>	1 glass
138	<b>Yoghurt drink</b> e.g. lassi, Yakult®, Vitagen®				<input type="checkbox"/>	1 bottle/glass
139	<b>Powdered nutrition drink</b> e.g. whey protein shake, Ensure®, Herbalife®				<input type="checkbox"/>	1 glass/pack
140	<b>Alcoholic beverages</b>				<input type="checkbox"/>	1 bottle beer; 1 glass wine; 25ml liqueur
141	<b>Water, plain (inc. bottled)</b>				<input type="checkbox"/>	1 glass/bottle

**DAIRY PRODUCTS**

How often do you consume one serving of:		Per day	Per week	Per month	Never/Rarely	One serving means:
142	<b>Milk, non-fat (including on cereal but not in tea/coffee)</b>				<input type="checkbox"/>	1 glass
143	<b>Milk, low fat (including on cereal but not in tea/coffee) inc. flavoured</b> e.g. chocolate, strawberry				<input type="checkbox"/>	1 glass
144	<b>Milk, whole (including on cereal but not in tea/coffee) inc. flavoured</b> e.g. chocolate, strawberry				<input type="checkbox"/>	1 glass
145	<b>Yoghurt/frozen yoghurt inc. flavoured</b> e.g. greek, chocolate, strawberry				<input type="checkbox"/>	1 pot/pack
145a	Is the yoghurt usually low fat?	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	
146	<b>Cheese (inc. cheese spread)</b>				<input type="checkbox"/>	1 slice/1 dessertspoon
146a	Is the cheese usually reduced fat?	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	

**SNACKS AND DESSERTS**

How often do you consume one serving of:		Per day	Per week	Per month	Never/Rarely	One serving means:
147	<b>Savoury biscuits</b> e.g. cream cracker, rice cracker, pretzel				<input type="checkbox"/>	2 pieces
148	<b>Sweet biscuits (no filling)</b> e.g. digestive, marie biscuit, ginger biscuits				<input type="checkbox"/>	2 pieces
149	<b>Biscuits/cookies, with filling or with chocolate</b> e.g. Oreo®, bourbon, Tim Tam®				<input type="checkbox"/>	2 pieces
150	<b>Pastry</b> e.g. egg tart, pineapple tart, red/green bean pastry, croissant, danish, custard puff, cream puff				<input type="checkbox"/>	1 piece

How often do you consume one serving of:		Per day	Per week	Per month	Never/Rarely	One serving means:
151	<b>Sweet snack, deep-fried</b> e.g. pisang goreng, doughnut, you tiao, ham ching peng				<input type="checkbox"/>	1 piece
152	<b>Sweet desserts and kueh</b> e.g. kueh sarlat, kueh talam, kueh ko swee, coconut burfi, putu mayam, ubi kayu, kesari, jelly/agar agar, kuih lapis				<input type="checkbox"/>	2 pieces
153	<b>Sweet desserts in soup</b> e.g. bubur cha cha, pulut hitam, chendol, green bean soup, ice kacang, chng tng, payasam (kheer), grass jelly				<input type="checkbox"/>	1 bowl

How often are the sweet desserts and kueh, and the desserts in soup:

153a	With coconut/coconut milk	<input type="checkbox"/> Never/Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Half the time	<input type="checkbox"/> Mostly	<input type="checkbox"/> Always
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How often do you consume one serving of:		Per day	Per week	Per month	Never/Rarely	One serving means:
154	<b>Beancurd dessert</b> e.g. tau huay, soya pudding				<input type="checkbox"/>	1 medium bowl
155	<b>Pancake/hotcake/waffle</b> (inc. appam)				<input type="checkbox"/>	1 piece
156	<b>Ice cream</b>				<input type="checkbox"/>	1 scoop
157	<b>Cake</b> e.g. plain butter, sponge, fruit, cream cake				<input type="checkbox"/>	1 slice
158	<b>Chocolate</b>				<input type="checkbox"/>	1 50g bar
159	<b>Seeds</b> e.g. sunflower seeds, sesame seeds				<input type="checkbox"/>	1 dessertspoon
160	<b>Nuts</b> e.g. peanuts, cashews, almonds				<input type="checkbox"/>	1 dessertspoon
161	<b>Puffs and pies</b> e.g. curry puff, chicken pie				<input type="checkbox"/>	1 piece
162	<b>Dumpling</b> e.g. siew mai, wanton, har gow, gyoza				<input type="checkbox"/>	1 piece
163	<b>Fried chips and crackers, savoury</b> e.g. potato chips, prawn crackers, papadam, muruku, keropok, rempeyek, tortilla chips				<input type="checkbox"/>	1 handful



## DIETARY PRACTICES QUESTIONS

	Per day	Per week	Per month	Never/Rarely
DP1) How often do you eat at hawker centres, foods courts or coffee shops?				<input type="checkbox"/>
DP2) How often do you eat at workplace or school canteens?				<input type="checkbox"/>
DP3) How often do you eat at western fast food outlets or quick-service restaurants?				<input type="checkbox"/>
DP4) How often do you eat at other restaurants?				<input type="checkbox"/>
DP5) How many servings of fruit do you usually eat (excluding juices)? (1 serving is about 1 apple, 1 banana, 1 papaya wedge)				<input type="checkbox"/>
DP6) How many servings of vegetables do you usually eat? (1 serving is about 1 scoop of vegetables)				<input type="checkbox"/>

DP7) What type of tea do you usually consume? (excluding canned/bottled tea) (MAY TICK MULTIPLE OPTIONS)

- Chinese tea/oolong tea ☐
- English tea/black tea ☐
- Green tea ☐
- Herbal tea ☐
- Do not consume tea regularly ☐

DP8) Do you consume 'less sweet' non-carbonated sweetened drinks, e.g. Nutritea® barley?

- Yes ☐
- No ☐

**DP9) At the table, how often do you add salt or sauces to your food?** e.g. soy sauce, braised gravy

Never ☐

Sometimes ☐

Always ☐

**DP10) What type of fat or oil is usually used for cooking at home? (TICK ONE ONLY)**

Butter, dripping, ghee, lard or any other animal fat ☐

Vanaspati (vegetable ghee) ☐

Vegetable oil/blended oil ☐

Palm oil ☐

Coconut oil ☐

Hard margarine ☐

Soft margarine ☐

Corn oil ☐

Soya bean oil ☐

Sunflower oil ☐

Peanut oil ☐

Canola oil ☐

Olive oil ☐

Others (please specify ) \_\_\_\_\_ ☐

Do not eat food cooked at home ☐

**DP11) Do you take vitamins or supplements?**

Yes ☐ → Go to Q 11a)

No ☐ → END OF QUESTIONNAIRE

**DP11a) If yes, please state the name, brand, number, frequency and duration below.**

Type e.g. Vitamin C, multivitamin	Brand name	Dose/ Strength e.g. 500mg (if known)	Number of pills/ capsules	Frequency			Length of time taking supplement		
				Every day	At least once a week	Less than once a week	Less than 1 year	Between 1-5 years	More than 5 years
_____	_____	_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	_____	_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	_____	_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	_____	_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	_____	_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

[END]