

Please select how often your child had each item in the past 28 days. (choose one box) {Food Frequency Questionnaire (FFQ)}

Mark only one oval per row.

	Never	1-3 times/month	1-3 times/week	>3 times/week	1-3 times/day	>3 times/day
Breast milk	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Formula/soya milk	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Animal milk (for example: camel's milk, cows, goats, other)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fruit/vegetable juice, packaged	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fruit/vegetable juice, freshly squeezed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Soft drinks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Soup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dairy products (e.g. yogurt, cheese)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cooked cereals (e.g. porridge)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cold cereals (e.g. cornflakes)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Vitamin A -rich fruit/veg (e.g.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

carrot,  
spinach)

Other fruits

☐☐☐☐☐☐

Other  
vegetables,  
(does not  
include  
potatoes and  
other tubers)

☐☐☐☐☐☐

Grains (e.g.  
rice)

☐☐☐☐☐☐

Legumes (e.g.  
beans, pulses)

☐☐☐☐☐☐

Pasta/ noodles

☐☐☐☐☐☐

Tubers (e.g.  
potatoes)

☐☐☐☐☐☐

Bread/crackers

☐☐☐☐☐☐

Biscuits/sweet  
snacks

☐☐☐☐☐☐

Chips/savoury  
snacks

☐☐☐☐☐☐

sweet jelly

☐☐☐☐☐☐

Honey

☐☐☐☐☐☐

Egg

☐☐☐☐☐☐

Red/organ  
meats (e.g.  
beef, lamb,  
pork, liver)

☐☐☐☐☐☐

Fish

☐☐☐☐☐☐

Poultry (e.g.  
chicken)

☐☐☐☐☐☐

Take-away

☐☐☐☐☐☐

food (e.g.  
pizza)

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Spreads (e.g.  
nutella, peanut  
butter)/oils

☐☐☐☐☐☐

Thank for your participation

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