

First name:

Surname:

Today's date:

Food Frequency Questionnaire

Please indicate how much or how often you eat a specific food item. On average, 1 serve equals ½ cup/1 piece/1 portion

Carbohydrates		Serves per week
Cereal	Porridge	
	Muesli home-made <i>Ingredients:</i>	
	Muesli bought <i>Brand:</i>	
	Weetbix <i>Brand:</i>	
	Cornflakes <i>Brand:</i>	
	Other (type):	
Rice	White	
	Brown	
	Basmati	
Pasta	White	
	Wholemeal	
	Gluten-free	
		Slices per day
Bread	White	
	High fibre white	
	Grain	
	Wholemeal	
	Rye	
	Gluten-free	
	Other (type):	
Crisp bread/ crackers	Wheat	
	Rye	
	Rice	
	Corn	
Treats		Pieces/ serves per day

Biscuits/ cakes	Type:	
Crisps/ chips	Type:	
Lollies		
Chocolate		
Icecream		

Sweeteners		Teaspoons per day
	Sugar	
	Honey	
	Artificial sweetener (type):	

Fruit	Please circle	Pieces/ serves per week
Tropical	Banana, mango, pineapple, pawpaw, custard apple, other:	
Pit-fruit	Apple, pear, nashi, other:	
Stonefruit	Peaches, apricots, nectarines, cherries, plums, other:	
Citrus	Orange, mandarin, grapefruit, lemon, other:	
Berries	Straw-, rasp-, blue-, black-, other:	
Other	Grapes, other:	
Dried fruit	Sultanas	
	Dates	
	Figs	
	Prunes	
	Other:	
Stewed or tinned fruit	With sugar	
	Without sugar	

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Jam	With sugar	
	Diet (Artificial Sweetener)	
	Sugar free	

	Marmite, vegemite, promite, Vege spread, other:	
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Vegetables	Please circle	Serves per week
Starchy	Potato, pumpkin, sweet potato, other:	
Cruciferous	Cabbage, cauliflower, broccoli, Brussels sprouts, other:	
Green leafy	Silverbeet, spinach, kale, bok choy, other:	
Root veg	Carrots, beetroot, turnips, parsnips, other:	
Sulphur veg	Onions, garlic, leeks, spring onions, shallots	
Nightshade	Tomato, capsicum, eggplant, chilli	
Other	Zucchini, celery, other:	
Salad vegetables	Lettuce, sprouts, avocado, other:	

Protein	Please circle	Serves per week
Red meat	Beef, pork, lamb, mutton, venison, veal, kangaroo, other:	
Processed meat	Sausage, cured meats, smoked meats, ham, other:	
White meat	Chicken, turkey, duck, game, other:	
Fish	Fresh – type	
	Canned – type <i>In water, brine, oil or tomato sauce</i>	
Eggs	Type:	
Soy	Tofu, tempeh, TVP	
Legumes	Baked beans, other (dry) beans, lentils, chick peas	
Other vegetarian protein	Type:	

Seeds/nuts and spreads	Please circle	Teaspoons/day
	Peanuts	
	Cashews, brazil, macadamia, walnuts, hazel, pine, pecan, almonds, other:	
	Sunflower, pumpkin (pepitas), sesame, linseeds, other:	

Dairy and substitutes		Serves per day
Cheese	Hard:	
	Soft:	
	Yoghurt (type):	
Milk		Cups per day
	Fortified?	
	Full fat	
	Reduced fat	

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	Soy	
	Rice	

Sauces and pastes		Teaspoons per week
	Tomato	
	Soy (type):	
	BBQ	
	Miso	
	Other:	

Fats and oils	Please circle	Tablespoons per day
Oils	Olive, macadamia, canola, sunflower, mixed, other:	Indicate if cold pressed/ used for cooking
Spreads	Butter, margarine, other:	
Animal fats	Lard, drippings, other:	
Coconut	Oil, cream	
Salad dressing	Mayonnaise Home-made dressing Bought dressing (type):	

Spices		Indicate amount
	Salt	
	Pepper	
	Herbs (type):	
	Curry spices (turmeric, cumin, coriander, cardamom, ginger, other):	

Eating out	Type	How often

Drinks	Please circle	Cups/glasses per day
	Ordinary tea	
	Green tea	
	Coffee	
	Decaffeinated tea or coffee	
	Herbal tea (type):	
	Herbal coffee	
	Chocolate drinks (eg milo)	
	Water (tap, filtered, tank)	
	Regular soft drinks/cordials (type):	
	Diet soft drinks/cordials (type):	
	Fruit juice (type):	

Cravings	
Dislikes	
Intolerances	
Cooking methods	

