



European Regional Development Fund



## **Interreg ASPIRE Evaluation**

#### **Food Frequency Questionnaire**

This is a voluntary questionnaire that asks some background information about you, especially about what you eat. Please answer each question: if you are uncertain about how to answer then do the best you can, but please do not leave a question unanswered. No names will be recorded; the survey is anonymous, and all individual responses will remain confidential. ASPIRE will only report the results of the questionnaire on a group level and the information you provide will remain anonymous and cannot be connected to you.

Thank you for your participation

#### 1. ID number:.....

**2.** At which time point are you completing this questionnaire?

□ At the beginning of ASPIRE

- □ At 12 weeks
- □ At 6months
- □ At 9 months

#### About you

- 3. What sex are you?
- □ Male □ Female □ Prefer not to say □Other, please specify.....
- 4. What is your age? ...... years
  - ars

Please read very carefully before filling in the questionnaire

#### 1. Your diet last year

For each food, there is an amount shown, either a "medium serving" or a common household unit such as a slice or teaspoon. Please put a tick in the box to indicate how often, **on average**, you have eaten the specified amount of each food **during the past year**.

#### **Examples**

For white bread the amount is one slice, so if you ate 4 or 5 slices a day, you should put a tick in the column headed "4-5 per day".

	Average consumption over the last 12 months											
Food and Quantities	Never or less than once a month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day			
Bread and savoury biscuits (on	Bread and savoury biscuits (one slice or biscuit)											
White bread and rolls								$\checkmark$				

For chips, the amount is a "medium serving", so if you had a helping of chips twice a week you should put a tick in the column headed "2-4 per week".

	Average o	Average consumption over the last 12 months											
Food and Quantities	Never or less than once a month	1-3 per month	Once a week	2-4 per week	ner	Once a day	2-3 per day	4-5 per day	6+ per day				
Potatoes, Rice and Pasta (med													
Chips				$\checkmark$									

For very seasonal fruits such as strawberries and raspberries you should estimate your average use when the fruits are in season, so if you ate strawberries or raspberries about once a week when they were in season you should put a tick in the column headed "once a week".

	Average o	Average consumption over the last 12 months											
Food and Quantities	Never or less than once a month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day				
Fruit (1 fruit or medium servin	ig)												
Strawberries, raspberries, kiwi fruit			$\checkmark$										

### Questionnaire

Please estimate your average food use as best as you can, and please answer every question – do not leave ANY lines blank. PLEASE PUT A TICK 🗸 ON EVERY LINE.

Average consumption over the last 12 months										
	Food and Quantities		1-3 per month	Once a	2-4 per	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day
1.	Meat, Poultry, Fish (1 medium portio	n or 1 slice)								
	Beef: minced steak, roast or beef steak, rib or rib steak, beef bourguignon (or braised), stew Veal: Veal cutlet, roast veal, veal									
	chop, sautéed veal, blanquette, osso-bucco									
	Pork: rib or grilled pork, roast pork, loin or rib of pork, pork tenderloin									
	Lamb: Rib of lamb, shoulder or leg of lamb, sauteed lamb, navarin									
	Poultry (turkey, chicken, duck, etc.) or rabbit									
	Bacon, raw ham									
	White ham or bacon fillet									
	Sausage (dry sausage), cervelas or mortadella									
	Sausage (merguez, chipolatas)									
	Hamburger									
	Liver (heifer, veal, poultry, etc.)									
	Other organ meats (kidneys, tripe, blood sausage, andouillette, etc.)									
	Corned beef, spam, luncheon meats									
	Savoury pies eg. Meat pie, pork pie, pasties, steak & kidney pie, sausage rolls									
	Pate, rillettes									
	Cassoulet									
	Oily fish (mackerel, herring, eel, sardines, salmon, tuna, etc.)									
	Lean fish (cod, hake, whiting, sole, sea bass, carp, swordfish, halibut, mullet, fruit bat, mullet, trout, tur- bot, etc.)									
	Seafood (shellfish)									
	Breaded fish sticks									
	Fish products (mousse, pâté, eggs)									
	Fried fish in batter, as in fish and chips									
	Fish roe, taramasalata									

		Average co	nsumpti	on over	the last	12 mon	iths			
	Food and Quantities	Never or less than once a month	1-3 per month	a	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day
2.	Bread and savoury Biscuits (one slice	e or biscuit)								
	white bread and rolls (including sandwiches)									
	Whole meal bread and rolls (including sandwiches)									
	Other types of bread (rye, etc.)									
	Biscotte, petit-toasted, unleavened bread									
	Cream crackers, cheese biscuits									
	Crispbread, eg Ryvita									

		Average co	nsumptio	on over	the last	12 mon	ths			
	Food and Quantities	Never or less than once a month	1-3 per month	a	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day
3.	Cereals (1 bowl)									
	Breakfast type cereals (cornflakes, cheerios, chocolate, müesli, etc.)									
	Porridge, Readybrek									

		Average consumption over the last 12 months										
	Food and Quantities	Never or less than once a month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day		
4.	Potatoes, Rice and Pasta (1 medium	serving)										
	Boiled, mashed, instant or jacket potatoes											
	Potatoes sautéed in oil or butter											
	Potato salad											
	Chips											
	White rice											
	Brown rice											
	White or green pasta, eg. spaghetti, macaroni, noodles											
	Wholemeal pasta											
	Other cereals eg. couscous, bulgur, quinoa, semolina											
	Ravioli or lasagne							L				
	Pizza											
	Savoury pancake (1)											

	Average consumption over the last 12 months									
	Food and Quantities	Never or less than once a month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day
5.	Yoghurt, White Cheese, Milk, Cream									
	Whole milk (1 glass)									
	Semi-skimmed milk (1 glass)									
	Skim milk (1 glass)									
	Soymilk or similar (e.g. oats, al- monds, etc.) (1 glass)									
	Flavoured milk (e.g. chocolate) (1 glass)									
	Yoghurt containing probiotics (plain or fruit or flavoured or sweet) (1 jar)									
	Whole milk yoghurt (plain or fruit or flavoured or sweet) (1 jar)									
	1/2 skim milk yoghurt (plain or fruit or flavoured or sweet) (1 jar) (plain or fruit or flavoured or sweet) (1 jar)									
	0% milk yoghurt (plain or fruit or flavoured or sweet) (1 jar)									
	Soy yoghurt or the like (e.g. oats, almonds, etc.) (1 jar)									
	Drinking yogurt (plain or flavoured) (1 small bottle)									
	Cottage cheese with 40% fat (plain, fruit, flavoured, sweet) (1/2 bowl)									
	Cottage cheese with 20% fat (plain, fruit, flavoured, sweet) (1/2 bowl)									
	Cottage cheese 0% fat (plain, fruit, flavoured, sweet) (1/2 bowl)									
	Small Swiss (natural, Small swindlers, Small muscular, etc.) (1 small pot)									
	Desserts (dessert cream like Danette, Liege, mousse, etc.) (1 jar)									
	Double cream (1 tablespoon)									
	Single cream (1 tablespoon)									
	Whipped cream (1 tablespoon)									

		Average consumption over the last 12 months										
	Food and Quantities	Never or less than once a month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day		
6.	Cheese and Eggs											
	Cheshire, Brie, Camembert, Munster, Pont-l'Evêque, Caprice des Dieux, Blue, Roquefort, Goat, Gorgonzola, Mozzarella, Feta, Mascarpone, Port- Salut (1 medium portion)											
	Cheddar, Gouda, Emmental, Gruyère, Comté, Beaufort, Parmesan, Bonbel, Babybel, Saint-Paulin, Edam, Mimolette (1 medium portion)											
	Processed Cheese (Dairylea, La-vache-qui-rit, Apéricubes, etc.) (1 medium portion)											
	Light cheese (1 medium portion)											
	Fresh Cheese (Tartare, Kiri, Boursin, St. Môret, etc.) (1 medium portion)											
	Boiled egg, hard, scrambled, fried or poached (1)											
	Egg omelette (1 medium portion)											
	Quiche (1 medium portion)											

		Average cor	nsumptio	n over t	he last	12 mont	hs			
	Food and Quantities	Never or less than once a month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day
7.	Butter, Margarine and Oils on Bread,	Vegetables o	or Salad							
	Butter (salted or unsalted)									
	Light butter (salted or unsalted)									
	Margarine about 70-80% fat									
	Margarine lightened to about 50-60% fat									
	Light margarine with 40% or less fat									
	Margarine containing phytosterols (eg Proactiv Golden Fruit)									
	Low fat spread (tub), eg. Blue Band, Clover (teaspoon)									
	Very low-fat spread (tub) (tea- spoon)									
	Oil (for example, Olive, Rapeseed oil, Sunflower, etc.)									

		Average consumption over the last 12 months										
	Food and Quantities	Never or less than once a month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day		
8.	Soups, Sauces, Jam, Honey											
	Vegetable soup (1 bowl)											
	Meat or fish soup (1 medium serving)											
	Sauce (tomato, bolognese, carbonara) (1 tablespoon)											
	Dressing sauce (shop or homemade) (1 tablespoon)											
	Cold sauce (tartar, bearnaise) (1 tablespoon)											
	Mayonnaise (shop or homemade) (1 teaspoon)											
	Ketchup (1 teaspoon)											
	Mustard (1 teaspoon)											
	Honey, jam, marmalade (1 teaspoon)											
	Chocolate nut spread(e.g. Nutella)											
	Pickles, chutney											
	Marmite, Bovril											
	Peanut butter											

	Average consumption over the last 12 months											
	Food and Quantities	Never or less than once a month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day		
<b>9</b> .	Cookies, Cakes, Sweets, Sugar, Salte	d Snacks	(1 mediu	m servi	ng) (sho	p or hom	emade)					
9.	Cookies, Cakes, Sweets, Sugar, Salter Pastries (croissant, chocolate brioche) Cream pastry (1 part) Brioche (individual or sliced) Chocolate dry cookie (1) Plain dry cookie (small butter, patty) (1) Cupcake (trays, figolu, etc.) Cake or pound cake, madeleine Brownie, chocolate cake Fruit pie (1 slice) Flan (1 part) Caramel cream, crème brûlée Sweet pancake or waffle (1) Ice cream or sorbet, choc ices Chocolate bar (dark, milk, hazel- nut, etc.) Chocolate bar (Mars, Twix etc.) (1 bar) Cereal bar (1 bar) Crisps or other packet snacks, eg Wotsits Pop-corn Salty aperitif cookie (excluding dried fruit mixture) Oil seeds and salted or unsalted seeds (peanuts, almonds, nuts, flax seeds etc.) Sugar (excluding sweetener) (in coffee, tea or yogurt, etc.) (1 tea- spoon) Sweet biscuits, chocolate, eg. Digestive (one) Sweet biscuits, plain, eg Nice, ginger (one)			m servi	ng) (sho		emade)					
	Sponge puddings, home baked											
	Sponge puddings, ready made											
	Milk puddings, eg rice, custard, trifle											
	Sweets, toffees, mints, candy											

		Average consumption over the last 12 months								
	Food and Quantities	Never or less than once a month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day
10.	Beverages (Hot, Cold, Alcoholic and	Non-Alco	holic)							
	Tea (plain, milk or lemon) (1 cup)									
	Herbal tea (plain or lemon) (1 cup)									
	Coffee (milk, black) (1 cup)									
	Decaffeinated coffee (milk, black) (1 cup)									
	Hot chocolate (1 cup)									
	Horlicks, Ovaltine (cup)									
	Fruit squash or cordial (glass)									
	Soda /fizzy soft drinks (Coca-Cola, Sprite, Fanta, Orangina, Ice Tea, etc.) (1 glass)									
	Soda light/ low calorie or diet fizzy soft drinks (1 glass)									
	100% fruit juice (1 glass)									
	Water syrup (1 glass)					ļ				
	Sparkling or still mineral water (1 glass)									
	Tap water (1 glass)									
	White, red, rosé, champagne wine (1 glass)									
	Beer, lager or cider (half pint)									
	Aperitif or Liqueur (Cherry, Porto, Martini, Amaretto, Cointreau, etc.) (1 glass)									
	Spirits (whiskey, gin, vodka, cognac, calvados, rum, etc.) (1 glass)									
	Alcoholic cocktails (1 glass)									

		Average consumption over the last 12 months								
	Food and Quantities	Never or less than once a month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day
11.	Fruits									
	Apple (1 fruit)									
	Pear (1 fruit)									
	Satsumas, mandarins, tangerines, (1 fruit)									
	Grapefruit (half)									
	Banana (1 fruit)									
	Grapes (white or black) (1 medium serving)									
	Cherries (1 medium serving)									
	Melon (1 piece)									
	Peach, nectarine, plum, apricot (1 fruit)									
	Strawberries, raspberries or other red fruits (1 medium serving)									
	Kiwi (1 fruit)									
	Pineapple, mango (1 medium serving)									
	Fruit in compote or syrup (1 medium serving)									
	Dried fruits (prunes, apricots, grapes, raisins etc.) (1 medium serving)									
	Tinned fruit (medium serving)									

		Average consumption over the last 12 months								
	Food and Quantities	Never or less than once a month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day
<b>2</b> .	Vegetables (fresh, frozen, canned)	(1 mediun	n serving	)						
	Carrots (grated or cooked)									
	Spinach									
	Broccoli, spring greens, kale									
	Brussels sprouts									
	Cabbage (red, white or green)									
	Peas									
	Green beans, butter bean, runner beans									
	Zucchini, eggplant, aubergines, courgettes, marrow									
	Asparagus									
	Cauliflower									
	Turnips, rutabagas, parsnips, swedes									
	Pumpkin									
	Artichoke									
	Leeks									
	Tomato									
	Avocado									
	Sweetcorn									
	Beetroot									
	Red / green / yellow peppers									
	Green salad									
	Cucumber, celery									
	Endives (in salad or cooked), fennel									
	Onions (in a sauce, a pie, a rata- touille, etc.)									
	Mushrooms									
	Garlic (in a dish)									
	Pulses (lentils, broad beans, split peas, chickpeas)									
	Baked beans									
	Watercress									
	Beansprouts									
	Coleslaw									
	Tofu, soya meat, textured vegetable protein (TVP), vegeburger									

13. If foods or drinks that you usually consume (at least once a week) are not mentioned in this questionnaire, please note them below:

Write only one food or drink per line. Add a new line for additional food or drink.

Food or drink (the most detailed possible)	Unit (glass, slice, teaspoon)	Number of times per week

#### 14. If you use the products below, please indicate the exact name and brand indicated on the label of the product you consume or use most frequently.

	Exact product name and brand (as detailed as possible)
Butter, margarine, oil or other type of fat on bread or vegetables	
Butter, margarine, oil or other type of fat for cooking (frying, grilling, roasting, etc.)	
Butter, margarine, oil or other type of fat in baking (cake, custard, pie, etc.)	
Breakfast cereals	

#### 15. If you drink coffee, tea or herbal tea, how do you usually drink it?

		With milk	Without milk	With sugar	Without sugar	How many teaspoons of sugar?
Coffee	□ l do not drink coffee					
Теа	□ l don't drink tea					
Herbal tea	□ I don't drink herbal tea					

#### 16. How often do you add salt to food during cooking?

□ Always

□ Rarely

□ Habitually □ Sometimes □ Never

#### 17. How often do you add salt to food at the table?

- □ Always
- □ Habitually □ Sometimes
- □ Rarely □ Never

#### 18. In the past 12 months, on average, how many times did you eat the following foods?

Food (medium portion)	Number of times per week
Vegetables and salads (not including potatoes)	
Fruit and fruit products (fruit juice not included)	
Fish and fish dishes	
Meat and meat dishes	
Cheese (all types)	
Yoghurt (all types)	
Candies, cookies, cakes	
Alcoholic drink	

#### 19. Does your current consumption differ from that of 12 months ago?

□ Yes: Indicate the reason (for example, overweight, weight gain, diabetes etc.)

□ No

#### 20. Are you currently following a specific diet?

 $\Box$  Yes, If yes, go to the next question

 $\Box$  No, If no, go to guestion 23

#### 21. Why are you dieting?

□ To lower your cholesterol level

- □ To lower your blood pressure
- □ For diabetes
- □ To lose weight

To stay fit

□ To avoid losing weight

□ Other reason, please specify: .....

#### 22. Your diet is:

□ Prescribed by a doctor □ Defined by yourself or a loved one □ Read / found / heard in a magazine, book, internet, radio or television □ Other source, specify:

### 23. During the past 12 months, have you taken any vitamins, minerals, for other food supplements at least once a month?

- □ Yes, If yes, go to the next question
- □ No, If not, go to the end of the questionnaire

#### 24. Indicate the type of food supplements taken:

#### Multi-combinations:

- □ Multi-combinations containing exclusively vitamins
- □ Multi-combinations containing exclusively minerals
- □ Multi-combinations containing vitamins and minerals

#### Specific combinations taken separately or combined:

□ Vitamin A

□ Vitamin D

🗆 Calcium

Selenium

□ Vitamin B complex

- □ Vitamin C
- 🗆 Vitamin E
- □ Vitamin B6
- □ Magnesium
- □ Folate/folic acid
- □ Probiotics

Other combinations, please specify:

□ Beta carotene, carotenoids

- 🗆 Biotin
- □ Iron
- □ Zinc
- Omega-3 (e.g. cod liver oil, omega-3 fish flaxseed oil, evening primrose oil)

# **Interreg ASPIRE Evaluation**



Thank you very much for taking the time to fill out this questionnaire!

Please check that you have completed each question.

*If you would like to talk to us further, or have any additional thoughts or queries, please contact your local ASPIRE partner.*