

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:

<i>2 slices</i>
<i>2 slices</i>
<i>2 slices</i>

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"/>

<i>1 teaspoon</i>

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"/>

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

RICE

How often do you consume one serving of:

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

How often is the rice:

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

How often do you consume one serving of:

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

How often is the porridge made with:

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

How often do you consume one serving of:

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

How often is the porridge made with:

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

How often is the fried rice made with:

22b	Mixture of white and brown/red	<input type="checkbox"/>				
22c	Brown or red rice (unpolished)	<input type="checkbox"/>				
22d	White rice	<input type="checkbox"/>				

How often is the fried rice prepared:

22e	At home	<input type="checkbox"/>				
22f	By food outlet	<input type="checkbox"/>				

How often do you consume one serving of:

		Per day	Per week	Per month	Never/Rarely	One serving means:
23	Flavoured rice 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	Flavoured rice dish (mixed with meat/veg) e.g. bi bim bap, claypot, mui fan, fan choy				<input type="checkbox"/>	1 medium bowl
25	Glutinous rice e.g. lor mai kai, bak chang				<input type="checkbox"/>	1 rice bowl, 1 piece
26	Lontong				<input type="checkbox"/>	4 pieces
27	Idli (steamed rice cake, savoury)				<input type="checkbox"/>	2 pieces
28	Rice roll 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:
29	Gravy, with coconut (<u>extra</u> on top of rice or as a side dish) e.g. curry gravy				<input type="checkbox"/>	1 scoop
30	Gravy, without coconut (<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:
31	Noodles, fried e.g. mee goreng, Hokkien mee, hor fun				<input type="checkbox"/>	1 plate
32	Noodles, in gravy e.g. laksa, mee rebus, mee siam, lor mee, curry noodles				<input type="checkbox"/>	1 medium bowl
33	Noodles, in soup e.g. yong tau foo, mee soto, ramen, instant noodle soup, fishball noodles, sliced fish bee hoon				<input type="checkbox"/>	1 medium bowl
34	Noodles, dry 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
34a	White rice noodles e.g. bee hoon, kway teow, mee tai mak	<input type="checkbox"/>				
34b	Brown rice noodles e.g. brown rice bee hoon	<input type="checkbox"/>				
34c	Wheat noodles 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"/>				
34d	Instant noodles	<input type="checkbox"/>				

How often are the noodles prepared:

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

PASTA

How often do you consume one serving of:

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

How often is the pasta:

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

How often is the pasta made with:

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

FRENCH FRIES

How often do you consume one serving of:

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

BREAKFAST CEREAL

How often do you consume one serving of:

		Per day	Per week	Per month	Never/Rarely	
38	Oats e.g. rolled oats, instant				<input type="checkbox"/>	One serving means: 1 medium bowl
39	3-in-1 cereal e.g. Nutremill®, Nestum®				<input type="checkbox"/>	1 cup
40	Other breakfast cereal PLEASE STATE BRAND AND TYPE					
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					<i>4 slices ham</i>
42	Processed chicken products e.g. nugget, sausage, burger, hot dog				<input type="checkbox"/>	<i>6 nuggets; 1 sausage/burger</i>
43	Chicken/duck, fresh (not processed) Including chicken from mixed dishes such as chicken rice, nasi lemak				<input type="checkbox"/>	<i>1 palm-sized piece</i>

43a How often do you remove the skin from chicken/duck:

Never/Rarely
Sometimes
Half the time
Mostly
Always

How often do you consume chicken/duck:

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

How often do you consume chicken/duck prepared:

43i	At home	<input type="checkbox"/>				
43j	By food outlet	<input type="checkbox"/>				

FISH AND SEAFOOD DISHES

<i>How often do you consume one serving of:</i>		Per day	Per week	Per month	Never/Rarely	<i>One serving means:</i>
44	Raw fish/sashimi (no rice)				<input type="checkbox"/>	1 piece
45	Sushi roll/nigiri (includes rice)				<input type="checkbox"/>	3 pieces, 1 handroll
46	Salted fish/dried fish e.g. ikan bilis				<input type="checkbox"/>	1 dessertspoon
47	Canned fish e.g. tuna, sardines, dace				<input type="checkbox"/>	1 can (150g)

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

48	White fish (dry and flaky) e.g. pomfret, snapper, bream, catfish, grouper, sea bass, stingray, kuning, cod, dory, fish ball, fish cake				<input type="checkbox"/>	1 fish fillet/ 1 palm-sized piece
49	Oily/fatty fish (solid texture, darker colour) eg. mackerel/kembong/batang/saba, yellowtail trevally, salmon, sardine, tuna				<input type="checkbox"/>	1 fish fillet/ 1 palm-sized piece
50	Prawns				<input type="checkbox"/>	1 scoop/ 4 medium prawns
51	Crab				<input type="checkbox"/>	half a small crab
52	Squid/sotong, cuttlefish, octopus, abalone				<input type="checkbox"/>	1 scoop
53	Oysters/cockles/mussels/scallops				<input type="checkbox"/>	1 scoop (without shells)

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

	Never/Rarely	Sometimes	Half the time	Mostly	Always	
53a	In curry with coconut	<input type="checkbox"/>				
53b	In curry without coconut e.g. asam pedas, asam rebus	<input type="checkbox"/>				
53c	Stir-fried/pan-fried	<input type="checkbox"/>				
53d	Deep-fried	<input type="checkbox"/>				
53e	Stewed/braised	<input type="checkbox"/>				
53f	Roasted/grilled/baked	<input type="checkbox"/>				
53g	Boiled/steamed/in soup	<input type="checkbox"/>				

How often do you consume fish/seafood prepared:

53h	At home	<input type="checkbox"/>				
53i	By food outlet	<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	Organ meat (spare parts) e.g. liver, paru/lung, kidney, intestines				<input type="checkbox"/>	1 scoop
55	Cured pork products e.g. bacon, ham, lap cheong, luncheon meat				<input type="checkbox"/>	1 sausage, 2 slices bacon/ham; 1 slice luncheon meat
56	Pork, fresh				<input type="checkbox"/>	1 palm-sized piece
57	Beef burger (inc. bread bun)				<input type="checkbox"/>	1 burger
58	Beef, fresh (excluding burgers)				<input type="checkbox"/>	1 palm-sized piece
59	Mutton/Lamb				<input type="checkbox"/>	1 palm-sized piece

59a How often is there visible fat on the meat you consume?

Never/Rarely
Sometimes
Half the time
Mostly
Always

59b	In curry with coconut	<input type="checkbox"/>				
59c	In curry without coconut	<input type="checkbox"/>				
59d	Stir-fried/pan-fried	<input type="checkbox"/>				
59e	Deep-fried	<input type="checkbox"/>				
59f	Stewed/braised	<input type="checkbox"/>				
59g	Roasted/grilled/baked	<input type="checkbox"/>				
59h	Boiled/steamed/in soup	<input type="checkbox"/>				

How often do you consume meat prepared:

59i	At home	<input type="checkbox"/>				
59j	By food outlet	<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 Pork				<input type="checkbox"/>	1 scoop/1 piece
61	containing Chicken				<input type="checkbox"/>	1 scoop/1 piece
62	containing Fish				<input type="checkbox"/>	1 scoop/1 piece
63	containing Beancurd				<input type="checkbox"/>	1 scoop/1 piece
64	containing Vegetables				<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"/>				
64b	By food outlet	<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"/>				
92b	In curry without coconut	<input type="checkbox"/>				
92c	Stir-fried/pan-fried	<input type="checkbox"/>				
92d	Deep-fried	<input type="checkbox"/>				
92e	Stewed/braised	<input type="checkbox"/>				
92f	Roasted/grilled/baked	<input type="checkbox"/>				
92g	Boiled/steamed/in soup	<input type="checkbox"/>				

How often do you consume vegetable dishes:

Never/Rarely Sometimes Half the time Mostly Always

92h	containing Pork	<input type="checkbox"/>				
92i	containing Chicken	<input type="checkbox"/>				
92j	containing Fish	<input type="checkbox"/>				
92k	containing Beancurd	<input type="checkbox"/>				
92l	containing Other vegetables	<input type="checkbox"/>				

How often do you consume vegetable dishes prepared:

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

How often do you consume one serving of:

Per day Per week Per month Never/Rarely

93	Fried onion e.g. onion rings, onion bhaji	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
94	Seaweed e.g. in soup, in Korean/Japanese dishes, as a snack	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
95	Lettuce	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
96	Coleslaw	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
97	Raita (yoghurt with cucumber)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
98	Cucumber (excluding in raita)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
99	Tomato, raw	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
100	Preserved vegetables e.g. kimchi, dong cai, pickled cucumber	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

One serving means:

1 piece
3 strips/ 1 dessertspoon
4 medium leaves
1 dessertspoon
2 dessertspoons
3 slices
half a medium tomato; 5 cherry tomatoes
1 dessertspoon

SALAD DRESSING

How often do you consume one serving of:

Per day Per week Per month Never/Rarely

101	Salad dressing, cream based, low fat e.g. thousand island, salad cream, mayonnaise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
102	Salad dressing, cream based, not low fat e.g. thousand island, salad cream, mayonnaise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
103	Salad dressing, oil-based e.g. vinaigrette, olive oil	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

One serving means:

2 dessertspoons
2 dessertspoons
2 dessertspoons

SOUP

How often do you consume one serving of:							One serving means:
		Per day	Per week	Per month	Never/Rarely		
104	Rasam (tamarind and tomato clear soup)				<input type="checkbox"/>	1 medium bowl	
105	Other clear soup e.g. miso, kimchi soup, broth, stock				<input type="checkbox"/>	1 medium bowl	
106	Cream soup e.g. cream of mushroom, cream of tomato				<input type="checkbox"/>	1 medium bowl	

FRUIT

How often do you consume one serving of:							One serving means:
		Per day	Per week	Per month	Never/Rarely		
107	Apple				<input type="checkbox"/>	1 small	
108	Avocado				<input type="checkbox"/>	half a fruit	
109	Banana				<input type="checkbox"/>	1 medium	
110	Blueberries				<input type="checkbox"/>	1 handful/ 25 blueberries	
111	Dragonfruit				<input type="checkbox"/>	half a fruit	
112	Durian				<input type="checkbox"/>	1 seed	
113	Grape				<input type="checkbox"/>	1 handful/ 15 grapes	
114	Guava				<input type="checkbox"/>	half a fruit	
115	Kiwi				<input type="checkbox"/>	1 whole	
116	Mango				<input type="checkbox"/>	1 slice/ ½ a fruit	
117	Melon e.g. honeydew, watermelon, rock melon				<input type="checkbox"/>	1 slice	
118	Orange				<input type="checkbox"/>	1 small	
119	Papaya				<input type="checkbox"/>	1 slice	
120	Pear				<input type="checkbox"/>	1 small	
121	Pineapple				<input type="checkbox"/>	1 slice	
122	Strawberries				<input type="checkbox"/>	5 strawberries	
123	Dried fruit e.g. raisins, dates, prunes (excluding in bread/breakfast cereal)				<input type="checkbox"/>	1 dessertspoon/ 3 dates/prunes	

BEVERAGES

How often do you consume one serving of:						One serving means:
		Per day	Per week	Per month	Never/Rarely	
124	Coffee (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 | <input type="checkbox"/> | 124k Less than 1 tsp | <input type="checkbox"/> |
| 124b Evaporated milk | <input type="checkbox"/> | 124l 1-2 tsp/Ask for less | <input type="checkbox"/> |
| 124c Whole milk/powder | <input type="checkbox"/> | 124m 3-4 tsp/Ask for regular | <input type="checkbox"/> |
| 124d Low-fat milk/powder | <input type="checkbox"/> | 124n 5+ tsp/Ask for more | <input type="checkbox"/> |
| 124e Skimmed milk/powder | <input type="checkbox"/> | 124o None | <input type="checkbox"/> |
| 124f Soya milk | <input type="checkbox"/> | | |
| 124g Creamer/whitener | <input type="checkbox"/> | | |
| 124h Milk is already added (I drink 3-in-1) | <input type="checkbox"/> | | |
| 124i Milk is already added (I drink 2-in-1) | <input type="checkbox"/> | | |
| 124j Do not add milk | <input type="checkbox"/> | | |

How often do you consume one serving of:						One serving means:
		Per day	Per week	Per month	Never/Rarely	
125	Tea (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 | <input type="checkbox"/> | 125k Less than 1 tsp | <input type="checkbox"/> |
| 125b Evaporated milk | <input type="checkbox"/> | 125l 1-2 tsp/Ask for less | <input type="checkbox"/> |
| 125c Whole milk/powder | <input type="checkbox"/> | 125m 3-4 tsp/Ask for regular | <input type="checkbox"/> |
| 125d Low-fat milk/powder | <input type="checkbox"/> | 125n 5+ tsp/Ask for more | <input type="checkbox"/> |
| 125e Skimmed milk/powder | <input type="checkbox"/> | 125o None | <input type="checkbox"/> |
| 125f Soya milk | <input type="checkbox"/> | | |
| 125g Creamer/whitener | <input type="checkbox"/> | | |
| 125h Milk is already added (I drink 3-in-1) | <input type="checkbox"/> | | |
| 125i Milk is already added (I drink 2-in-1) | <input type="checkbox"/> | | |
| 125j Do not add milk | <input type="checkbox"/> | | |

How often do you consume one serving of:

		Per day	Per week	Per month	Never/Rarely	
126	Malted drink/hot chocolate e.g. Milo®, Ovaltine®				<input type="checkbox"/>	One serving means: 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	<input type="checkbox"/>	126k	Less than 1 tsp	<input type="checkbox"/>
126b	Evaporated milk	<input type="checkbox"/>	126l	1-2 tsp/Ask for less	<input type="checkbox"/>
126c	Whole milk/powder	<input type="checkbox"/>	126m	3-4 tsp/Ask for regular	<input type="checkbox"/>
126d	Low-fat milk/powder	<input type="checkbox"/>	126n	5+ tsp/Ask for more	<input type="checkbox"/>
126e	Skimmed milk/powder	<input type="checkbox"/>	126o	None	<input type="checkbox"/>
126f	Soya milk	<input type="checkbox"/>			
126g	Creamer/whitener	<input type="checkbox"/>		Is the malted drink usually:	
126h	Milk is already added (I drink 3-in-1)	<input type="checkbox"/>	126p	Packaged	<input type="checkbox"/>
126i	Milk is already added (I drink 2-in-1)	<input type="checkbox"/>	126q	Freshly prepared/ made up with water	<input type="checkbox"/>
126j	Do not add milk	<input type="checkbox"/>			

How often do you consume one serving of:

		Per day	Per week	Per month	Never/Rarely	
127	Fruit or vegetable juice (100% juice, no added sugar) inc. freshly squeezed or pack				<input type="checkbox"/>	One serving means: 1 glass/bottle/pack
128	Fruit or vegetable juice drink, not 100% juice (inc. syrups/cordials with water added) e.g. Ribena, Minute Maid				<input type="checkbox"/>	1 glass/bottle/pack
129	Canned/bottled tea e.g. lemon/peach tea, milk tea, chrysanthemum tea, jasmine green tea				<input type="checkbox"/>	1 glass/bottle/can
130	Canned/bottled coffee e.g. latte, mocha				<input type="checkbox"/>	1 bottle/can
131	Other non-carbonated sweetened drinks e.g. sugarcane juice, bandung, waterchestnut drink, barley drink				<input type="checkbox"/>	1 glass/bottle/can
132	Sports drinks e.g. 100 PLUS®, H-Two-O®				<input type="checkbox"/>	1 glass/bottle/can
133	Carbonated soft drinks, sugar free e.g. Coke Zero®				<input type="checkbox"/>	1 glass/bottle/can
134	Carbonated soft drinks, regular e.g. regular cola, Fanta®				<input type="checkbox"/>	1 glass/bottle/can
135	Soya milk, low sugar/no sugar added, inc. flavoured e.g. chocolate, fruit, red bean				<input type="checkbox"/>	1 glass/bottle/pack

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

DAIRY PRODUCTS

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

SNACKS AND DESSERTS

<i>How often do you consume one serving of:</i>		Per day	Per week	Per month	Never/Rarely	<i>One serving means:</i>
147	Savoury biscuits e.g. cream cracker, rice cracker, pretzel				<input type="checkbox"/>	2 pieces
148	Sweet biscuits (no filling) e.g. digestive, marie biscuit, ginger biscuits				<input type="checkbox"/>	2 pieces
149	Biscuits/cookies, with filling or with chocolate e.g. Oreo®, bourbon, Tim Tam®				<input type="checkbox"/>	2 pieces
150	Pastry 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	Sweet snack, deep-fried e.g. pisang goreng, doughnut, you tiao, ham ching peng											<input type="checkbox"/>	1 piece	
152	Sweet desserts and kueh 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	Sweet desserts in soup 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"/>					
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Never/Rarely Sometimes Half the time Mostly Always

How often do you consume one serving of:		Per day			Per week			Per month			Never/Rarely			One serving means:
154	Beancurd dessert e.g. tau huay, soya pudding											<input type="checkbox"/>	1 medium bowl	
155	Pancake/hotcake/waffle (inc. appam)											<input type="checkbox"/>	1 piece	
156	Ice cream											<input type="checkbox"/>	1 scoop	
157	Cake e.g. plain butter, sponge, fruit, cream cake											<input type="checkbox"/>	1 slice	
158	Chocolate											<input type="checkbox"/>	1 50g bar	
159	Seeds e.g. sunflower seeds, sesame seeds											<input type="checkbox"/>	1 dessertspoon	
160	Nuts e.g. peanuts, cashews, almonds											<input type="checkbox"/>	1 dessertspoon	
161	Puffs and pies e.g. curry puff, chicken pie											<input type="checkbox"/>	1 piece	
162	Dumpling e.g. siew mai, wanton, har gow, gyoza											<input type="checkbox"/>	1 piece	
163	Fried chips and crackers, savoury 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"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DP2) How often do you eat at workplace or school canteens?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DP3) How often do you eat at western fast food outlets or quick-service restaurants?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DP4) How often do you eat at other restaurants?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<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"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DP6) How many servings of vegetables do you usually eat? (1 serving is about 1 scoop of vegetables)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<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]