

UK Biobank

24-hour dietary recall questionnaire (Oxford WebQ)

Version 1.5

<http://www.ukbiobank.ac.uk/>

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This document provides details of the 24-hour dietary recall questionnaire administered at UK Biobank Assessment Centres and via the internet, and the changes to the nutrient data calculations made in 2022.

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1. Introduction

- 1.1 Food consumption contributes to significant excess mortality and is one of the most important risk factors influencing our health.¹ An accurate measure of dietary intake is key to understanding the relationship between diet and health outcomes. Traditional methods of assessing dietary intake such as food frequency questionnaires, 24-hour dietary recall interviews and food diaries can be challenging for large prospective epidemiological studies, and all have their limitations.²
- 1.2 To address the need for a 24-hour dietary assessment tool that would provide information comparable to a traditional interviewer-administered 24-hour dietary recall and be efficiently and cost-effectively administered repeatedly over time, the Cancer Epidemiology Unit (CEU) at the University of Oxford developed the 'Oxford WebQ' dietary recall assessment tool.² The Oxford WebQ has since been used by several large-scale prospective studies in the UK, including the Million Women Study³ and UK Biobank.⁴

2. The Oxford WebQ

- 2.1 The Oxford WebQ is a validated⁵ web-based 24-hour dietary assessment tool developed for repeated administration in large prospective studies. It is a self-administered, low cost method for collecting information on the quantities of all food and drinks consumed over the previous day and automatically calculates daily nutrient intakes. It takes 10-15 minutes to complete.
- 2.2 The questionnaire contains questions on the frequency of consumption of about 200 commonly consumed foods and drinks (see section 5.2) as well as on the consumption of meals outside the home and respondents' levels of physical activity.
- 2.3 Most often, respondents are presented with a main Yes/No question (e.g. "Did you eat any bread or crackers yesterday?"), with an affirmative answer resulting in the screen expanding to reveal an additional set of questions such as what type of bread was eaten and the amount consumed, using standard categories (e.g. four slices). For foods without a standard measure (e.g. cheese, rice), a portion size is specified as a 'serving' with a description of that particular serving size in the help section of the questionnaire. If respondents' serving of the food item is twice the specified amount, for example, they are asked to double it.
- 2.4 So that replies can be coded automatically to provide estimated daily nutrient intake, open-ended questions are avoided. To capture foods that might not be listed, there is usually an "Other" option available along with a free text box.
- 2.5 At the end of the questionnaire, a summary page of all food and beverage items and the quantities reported is provided and respondents are asked to check the list and make amendments where necessary.

- 2.6 The quantity of each food or drink consumed during the 24 hours of the previous day is calculated by multiplying the assigned standard portion size⁶ of each food or drink by the amount consumed.
- 2.7 The nutrient intakes for each participant are calculated by multiplying the quantity consumed by the nutrient composition of the food or drink. Originally this was taken from the Food Composition Table (FCT) in McCance and Widdowson's The Composition of Foods 6th edition (2002) and its supplements⁷⁻¹⁷ and stored in a secure database. This was subsequently replaced with the FCT from the UK Nutrient Databank (UKNDB) (2013)¹⁸.
- 2.8 For each food/drink item consumed, the nutrient code or codes that most closely resembled the food/drink were selected from the FCT. Quite often, a single nutrient code would not be sufficient on its own; when multiple codes were used, a proportion was assigned to each code, e.g. for grapes, 50% of the quantity of grapes eaten is assigned to a green/white grapes code and 50% is assigned to a red/black grapes code.
- 2.9 Although respondents are asked about their intake of vitamin and mineral supplements, the resultant data are not incorporated into the daily nutrient intake values generated.

3. Format and content of the Oxford WebQ

- 3.1 Respondents are informed at the start of the questionnaire approximately how long it will take to complete, and are encouraged to complete it even if their food and drink consumption the previous day was not typical of their usual consumption:



Improving the health of future generations

Questions on Diet

Thank you for agreeing to answer these questions about your diet.

It will take about 10-15 minutes to complete.

We are asking what you ate and drank **yesterday**. By yesterday, we mean the time period from Monday 15 January 00:00 (12:00am) to 23:59 (11:59pm). Yesterday may not have been a typical day for you. That does not matter.

We recommend reading the [Brief User Guide](#) below before proceeding. Please click the button found at the end of the guide when you are ready to begin.

Thank you for taking the time and trouble to answer these questions.

Professor Sir Rory Collins
UK Biobank Principal Investigator



What did you have to eat yesterday?

Are you happy with the size of the lettering?

If you would like to change it, please click on the choices below before proceeding:

Note that the screenshot above and the following screenshots show a version of the Oxford WebQ that has been customised for UK Biobank.

- 3.2 Respondents are encouraged to read the brief user guide, where they are advised that the foods they ate may not exactly match the items listed in the questionnaire, so they should try to choose a food or a combination of foods that most closely resemble what they ate. They are also asked not to record the same food item more than once in different categories:

Brief User Guide

You may find it helpful to spend a couple of minutes thinking about what you ate and drank yesterday before you start.

The foods you ate may not match the items on our list exactly. Please choose a food or a combination of foods that most closely resembles what you had. Sometimes an *Other* option is available but we would prefer you to pick something else where possible.

Please don't record the same food item more than once. For example, if you had one jaffa cake, please do not record it as one chocolate covered biscuit and then again as one slice of cake as this would seem like you had two jaffa cakes instead of one.

It is not essential to answer *No/None* to all the foods you didn't eat within a particular group of foods. Only key questions need answering and if they are overlooked, a pop-up box will appear to alert you.

Additional help with a question will be revealed by clicking on the *Show Help* link to the right of the question.

Click [here](#) if you would like to read more or press the *Proceed* button to begin.

Proceed

before proceeding.

A [Small](#)

A [Medium](#)

A [Large](#)

A [Even larger](#)

- 3.3 Further information about how to complete the questionnaire and extra help available is provided in the detailed user guide:

Detailed User Guide

We have tried to make this questionnaire as easy as possible to complete. We hope you find this a straightforward and rewarding experience.

Option Buttons

Many options appear as little round buttons (☐) so that you can see all the choices at once.

Our option buttons are designed to respond to the area around them.

Please give this question a go: ☐ No ☐ Yes

You do not need to click directly on the option button, instead just click on the word 'No' or 'Yes' to get the same effect.

In grids with many choices (see example below), you can click anywhere in the box surrounding the option button to select it. When selected, the background colour of the box changes. Have a go below:

Cereal	Amount	None	½	1	2+
Bran cereal (e.g. Bran Flakes, All Bran)	Bowl	☐	☐	☒	☐
Porridge, hot oat cereal (e.g. Ready Brek)	Bowl	☐	☐	☐	☐
Muesli, oat clusters, crunchy oat cereal	Bowl	☐	☐	☐	☐
Cornflakes, Rice Krispies	Bowl	☐	☐	☐	☐

- 3.4 Additional help is available by clicking on the 'Show Help' link to the right of each

question; the help text is hidden again by clicking on the 'Hide Help' link that is visible once the help text has been expanded.

- 3.5 Respondents are asked to answer all of the main Yes/No questions and are given instructions on how to select items. For example, if a respondent wanted to select one bowl of porridge, they could either answer every question by selecting '1' for porridge and 'None' for all other cereals, or by only selecting the porridge item. As a result, not every question within a grid has to be answered.
- 3.6 If a respondent chooses to move on to the next page without answering a required question (usually the main question at the top of each page), they are alerted by a pop-up box and can only progress on to the next page once it is completed.
- 3.7 For composite dishes (i.e. dishes that are made up of more than one food item), respondents are most often required to record the ingredients individually. For example, spaghetti bolognaise would need to be entered as pasta, beef, tomato-based sauce (plus mushrooms or vegetables, etc.):

Extra Help

If you are unsure about how to answer a question or would like tips on portion sizes, there is usually a help section to assist you. Press the Show Help link below to reveal it:

Please give this question a go: ☐ No ☐ Yes

[Show Help](#)

Answering Questions

To ensure nothing is accidentally overlooked, we ask that you answer all of the main No/Yes questions (these questions appear in their own shaded box such as the 'Please give this question a go' box above).

However, we do not expect you to select 'None' or 'No' for every item in grids with lots of options (such as the cereal selection above).

For example, if you had eaten 1 bowl of porridge, you could either:

- answer every question by selecting 'None' for the cereals you didn't eat and '1' for porridge, or
- only answer the porridge item.

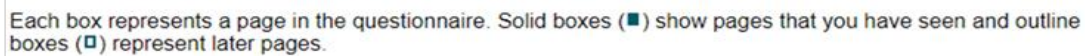
Some people prefer to answer every item as they go, others prefer to only select the options that apply to them. It is up to you how you would like to answer.

Rest assured, if you miss a required question then you will be alerted by a pop-up box.

Since we are asking about foods rather than meals, some dishes will need to be recorded in parts. E.g. spaghetti bolognaise would need to be saved as pasta, beef, tomato-based sauce (plus mushrooms or vegetable pieces if there were vegetables present).

- 3.8 A series of boxes at the bottom of each page is used to indicate progress through the questionnaire:

At the bottom of the page there will be a series of boxes reflecting your progress through the questionnaire, such as:



Compared to other people:		Show Help	
	Smaller	Average	Larger
How would you describe your serving size?	☐	☐	☐

Would you say that what you ate and drank yesterday was fairly typical for you? ☐ No ☐ Yes
N.B. Your questionnaire answers are just as important to us if your day was not typical.

Do you routinely follow a special diet?		Show Help	
Diet	No	Yes	
Gluten free or wheat free diet	☐	☐	
Diet for lactose intolerance	☐	☐	
Vegetarian diet (no meat, no poultry and no fish)	☐	☐	
Vegan diet	☐	☐	
Low calorie / weight controlled diet	☐	☐	
High calorie diet to prevent weight loss (e.g. following surgery)	☐	☐	
Low fibre diet (e.g. following surgery)	☐	☐	
Other special diet	☐	☐	

[Next](#)

4. Administration of Oxford WebQ to UK Biobank participants

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Table 1: Sequence of assessment centre activities

	Visit station	Assessments undertaken
1	Reception	• Welcome & registration • Generating a USB key for participants
2	Touchscreen section	• Consent • Touchscreen questionnaire • Hearing test • Cognitive function tests
3	Interview & blood pressure	• Interviewer questionnaire • Blood pressure measurement • Measurement of arterial stiffness
4	Eye measurements	• Visual acuity • Refractometry • Intraocular pressure • Optical coherence tomography
5	Physical measurements	• Height (standing and sitting) • Hip & waist measurement • Weight and bio-impedance measurement • Hand-grip strength • Ultrasound bone densitometry • Spirometry (lung function test)
6	Cardio-respiratory fitness test	• Exercise/fitness ECG test
7	Sample collection & exit	• Blood samples collected • Urine sample collected • Saliva sample collected
8	Web-based diet questionnaire (Oxford WebQ)	• 24-hour dietary assessment

The collection of data from assessment centre visits used the direct data entry system of the 'Assessment Centre Environment' (ACE).

- 4.2 Throughout this document, the term 'participant' refers to a UK Biobank study participant who attended an assessment centre, regardless of whether they eventually gave or withheld consent to take part in the UK Biobank study.
- 4.3 At the start of their visit, each participant was issued with a USB key at the reception station. This contained their Participant ID, name, date of birth and sex at birth. As the participant progressed between stations, the USB key acted as an identifying token. The USB key was encrypted so could only be read by assessment centre computers. None of the participant's test data were transferred to the USB key. At the end of the assessment centre visit, all identifying data on the USB key were removed.
- 4.4 All procedures were performed either by the receptionist or by other staff members who had received suitable training and been granted the relevant module permissions i.e. the study interviewer, duty manager, phlebotomist, laboratory technician or measurement technician. Two members of staff were always present to oversee the touchscreen and web-based diet questionnaire stations. The assessment centre manager ensured that all staff worked in accordance with procedures.

- 4.5 The Oxford WebQ was first administered at the assessment centre to participants who made their initial assessment centre visit between April 2009 and September 2010. As this was towards the end of the participant recruitment period, Oxford WebQ was completed in clinic by 70,000 participants.
- 4.6 The Oxford WebQ was not administered at participants' repeat assessment centre visits which took place from 2012 onwards, however from February 2011, participants with a known working email address (~320,000) were invited on four separate occasions over approximately one year to complete the questionnaire, as per the following schedule:
- First e-mail invitations: February 2011-April 2011
 - Second email invitations: June 2011-August 2011
 - Third email invitations: October 2011–December 2011
 - Fourth email invitations: April 2012–June 2012
- 4.7 The e-mail invitations were issued on specific days of the week in order to capture variations in intake between weekdays and weekend days. For the first and second round of e-mail invitations, participants were allowed three days to complete the questionnaire before the link expired; this was extended to 14 days for the third and fourth round of e-mail invitations.
- 4.8 Repeat administrations were carried out in order to account for seasonal variation in dietary intake and to provide an average measure for each individual (i.e. as a marker of habitual intake).

5. Data collected

5.1 Showcase data fields detailing the administration and completion of questionnaires:

- The number of dietary recall questionnaires completed ([Field ID 20077](#))
- The date that the questionnaire was administered (if in clinic) or emailed (if completed online) to the respondent ([Field ID 20078](#))
- The day of the week that the question was administered (if in clinic) or emailed (if completed online) to the respondent ([Field ID 20079](#))
- The day of the week that the questionnaire was completed by respondents ([Field ID 20080](#))
- The hour of the day that the questionnaire was completed by respondents ([Field ID 20081](#))
- The length of time that respondents took to complete the questionnaire ([Field ID 20082](#))
- The delay (in days) between a respondent being asked to complete the questionnaire, and them completing it (respondents completing online only) ([Field ID 20083](#))
- When the questionnaire was started (the time at which respondents started the

questionnaire) ([Field ID 105030](#))

- When the questionnaire was completed (the time at which respondents completed the questionnaire by pressing the Confirm button) ([Field ID 105010](#))

5.2 Data collected from the dietary questionnaire:

(See Appendix 1 for specific Field IDs)

- Portion size
- Whether diet was atypical yesterday, and if yes, the reason for this
- Type of special diet
- **Intake of coffee**, comprising: instant; filter/Americano/cafétière coffee; cappuccino; latte; espresso or other coffee drinks, whether caffeinated or decaffeinated and whether milk, sugar or artificial sweetener was added
- **Intake of tea**, comprising: standard; rooibos/redbush; green; herbal or fruit tea (infusion); other teas or infusions, whether caffeinated (where applicable) and whether milk, sugar or artificial sweetener was added
- **Intake of soft drinks**, comprising: water (e.g. fizzy, still or tap); low-calorie or diet drinks; carbonated (fizzy) drinks; fruit drinks, squash or cordial; pure juice (orange, grapefruit, pure fruit/vegetable); smoothies (fruit, dairy); milk and flavoured milk; hot chocolate (low-calorie, regular); other (non-alcoholic) drinks
- **Intake of alcoholic drinks**, comprising: wine (red, rose, white and either small, medium, large); beer/lager/cider; sherry/fortified wine/port; spirits; other alcoholic drinks
- **Breakfast cereal intake**, comprising: porridge (with water, milk); muesli; sweetened oat crunch cereals; other sweetened cereals (e.g. Frosties); plain cereals (e.g. Cornflakes); bran (e.g. All Bran); wholewheat cereals (e.g. Weetabix); other type of cereal, and whether milk, dried fruit, sugar, jam, honey, syrup or artificial sweetener was added
- **Type of milk**, comprising: no milk or milk substitute; cow's milk (semi-skimmed, skimmed or whole); cholesterol-lowering milk; soya milk (with or without added calcium); goat's or sheep's milk; rice, oat or other vegetable milk; powdered milk; other type of milk
- **Bread intake**, comprising: sliced (white, granary, brown or mixed flours, wholemeal, seeded, other); baguette, ciabatta, panini, sub (white, granary, brown or mixed flours, wholemeal, seeded, other); large sandwich bap, stotty, pitta bread (white, granary, brown or mixed flours, wholemeal, seeded, other); bread roll, bap, burger bun, hotdog roll, bagel (white, granary, brown or mixed flours, wholemeal, seeded, other); naan bread; garlic bread; crackers, crispbread, rice cakes, corn

- cakes; oatcakes; other bread type (e.g. crumpets, tortilla wraps, breadsticks)
- **Butter/margarine on bread/crackers** selected in the question above including the number of slices/items it was spread on, and whether it was spread thickly, medium or thinly
 - **Type of butter/margarine on bread/crackers**, comprising: butter (spreadable, low-fat, normal, unknown type); olive spread (e.g. Bertolli); polyunsaturated margarine (e.g. Flora); dairy spread (e.g. Clover); soya or vegan margarine; unknown margarine (all of which have options for very low-fat, low-fat, normal, cholesterol-lowering, unknown type); hard margarine; other type of butter/margarine; other type of spread
 - **Intake of pastry and dough**, comprising: double crust pie; single crust pie; crumble topping; pizza; pancake, crepe; Scotch pancake, blini, American style pancake; Yorkshire pudding; pakora, onion bhaji, samosa; croissant; Danish pastry; scone, cobbler
 - **Chocolate, sweets and biscuits intake**, comprising: chocolate bars (e.g. Crunchie), chocolate (white, milk, plain/dark); chocolate/yoghurt-covered raisins; sweets (chocolate, low sugar/sugar-free, hard and soft sweets); biscuits (chocolate-covered, chocolate, sweet); cereal bars; other sweets/biscuits
 - **Pudding intake** comprising: yogurt, plain or flavoured (low-fat, full-fat); ice-cream; custard, rice pudding, semolina pudding, blancmange; other milk-based desserts (e.g. crème caramel); soya desserts; fruit cake; cake, muffin, flapjack, brownie, pecan pie; doughnuts; sponge pudding; cheesecake; other dessert
 - **Intake of savoury snacks**, comprising: peanuts (roasted/salted, unsalted); nuts (roasted/salted, unsalted); seeds; crisps; savoury crispbread/corn cake snacks (e.g. flavoured Ryvita); cheesy biscuits (e.g. Mini Cheddars); olives; other savoury snacks
 - **Soup intake**, comprising: dried/powdered (e.g. Cup-a-Soup); carton/pouch/canned (containing pulses, meat, fish, vegetables, pasta, other ingredients); home-made (containing pulses, meat, fish, vegetables, pasta, other ingredients)
 - **Grains intake**, comprising: pasta (white/noodles, wholemeal); rice (white, brown); sushi; snack pot noodles; couscous; other grains
 - **Cheese intake**, comprising: hard (low-fat, full-fat); soft cheese; blue cheese; cheese spread (low-fat, full-fat); cottage cheese; feta; mozzarella; goat's cheese; other cheese
 - **Egg intake**, comprising: whole eggs; omelette/scrambled; eggs in sandwiches; scotch eggs; other eggs
 - **Meat intake**, comprising: sausage; beef; pork; lamb/mutton; crumbed or deep-fried

poultry; poultry; bacon; ham; liver; other meat, and whether fat was removed from meat and skin removed from poultry

- **Fish intake**, comprising: tinned tuna; oily fish (e.g. salmon); breaded; battered; white fish (e.g. cod); prawns; lobster/crab; shellfish; other type of fish
- **Vegetarian alternatives to meat**, comprising: vegetarian sausages/burgers; tofu/tempeh/TVP/soya mince; Quorn; other types (.g. nut roast)
- **Spreads, sauces and dips intake**, comprising: jam/honey/syrup; cream; peanut butter; yeast extract; hummus; guacamole; chutney/pickle; tomato ketchup; brown sauce/BBQ sauce; mayonnaise/salad cream (low- fat, full-fat); salad dressing; oil (for drizzling or dunking); pesto; sauces (tomato-based, cheese, white/cream); gravy; other sauces
- **Vegetable intake**, comprising: baked beans; pulses; potatoes (fried, boiled/baked and whether butter added, mashed); mixed vegetables; vegetable pieces; coleslaw; side salad; avocado; broad beans; green beans; beetroot; broccoli; butternut squash; cabbage/kale; carrots; cauliflower; celery; courgette; cucumber; garlic; leeks; lettuce; mushrooms; onion; parsnip; peas; peppers (sweet); spinach; sprouts; sweetcorn; sweet potatoes; tomato (fresh, cooked or tinned); turnip/swede; watercress; other vegetables (e.g. celeriac, fennel)
- **Fruit intake**, comprising: stewed fruit; prunes; dried fruit; mixed fruit; apple; banana; berries; cherries; grapefruit; grapes; mango; melon; orange; satsuma; peach/nectarine; pear, pineapple; plum; other fruit (e.g. kiwi, papaya)
- **Types of meals eaten**, comprising: takeaway meals; restaurant meals; bought sandwiches; ready meals; meals prepared and cooked at home
- **Added salt** to food
- **Cooking fat**, comprising: unknown; olive oil; sunflower oil; vegetable oil; rapeseed oil; other type of cooking oil; butter (normal, spreadable, low-fat, unknown); lard; olive spread (very low-fat, low-fat, normal, cholesterol-lowering, unknown); polyunsaturated margarine (very low-fat, low-fat, normal, cholesterol-lowering, unknown); dairy spread (very low-fat, low-fat, normal, cholesterol-lowering, unknown); soya margarine (very low-fat, low-fat, normal, cholesterol- lowering, unknown); other soft margarine (very low-fat, low-fat, normal, cholesterol-lowering, unknown); hard margarine; other type of fat; no fat used
- **Vitamin and mineral supplement use**, comprising: multivitamin; multivitamin with iron; multivitamin with calcium; multivitamin with multimineral; vitamin A; vitamin B6; vitamin B12; vitamin C; vitamin D: vitamin E; folic acid; calcium; chromium; iron; magnesium; selenium; zinc; glucosamine/chondroitin; fish oil; starflower/evening primrose oil; other supplements

- **Time spent doing physical activity**, comprising: vigorous; moderate; light
- Free-text information was also collected, where participants could add items not covered in the questionnaire.

6. Updating the Oxford WebQ

- 6.1 The original version (version 1) of the Oxford WebQ that was administered to UK Biobank participants in clinic and via email was updated around 2020 to allow for its administration via a new online system, the Online Questionnaire Sharing (OQS) Service.
- 6.2 The new version of the questionnaire (version 2) was designed so that it could be completed more easily on narrow screens, such as tablets and smart phones.
- 6.3 Some minor changes were made to the content of version 2 of the questionnaire, largely to the text in the first few introductory pages. These are detailed in Table 2.

Table 2: Changes made to text when the Oxford WebQ was updated

Version 1	Version 2
Questions on Diet page Text changed from: “Yesterday may not have been a typical day for you. That does not matter.”	Questions on Diet page Text changed to: “Yesterday may not have been a typical day for you; that’s okay, we are still interested in what you ate and drank.”
Brief User Guide page Text changed from: “Please don’t record the same food item more than once. For example, if you had one jaffa cake, please do not record it as one chocolate covered biscuit and then again as one slice of cake as this would seem like you had two jaffa cakes instead of one.” Text removed: “It is not essential to answer No/None to all the foods you didn’t eat within a particular group of foods. Only key questions need answering and if they are overlooked, a pop-up box will appear to alert you.” Text changed from: “Click here if you would	Brief User Guide page Text changed to: “Please do not record the same food item more than once. For example, if you had one Jaffa cake, please do not record it as one chocolate covered biscuit and then again as one slice of cake as this would give the impression that you had two Jaffa cakes instead of one.” Text not present. Text changed to: “There is more information

like to read more or press the <i>Proceed</i> button to begin.”	in the detailed guide below. When you are happy to begin, please press the <i>Proceed</i> button.”																														
Detailed User Guide page Option buttons Text removed: “Many options appear as little round buttons (O) so that you can see all the choices at once.” Text changed from: “Our option buttons are designed to respond to the <u>area around them</u>” Text removed: “In grids with many choices (see example below) you can click anywhere in the box surrounding the option button to select it. When selected, the background colour of the box changes. Have a go below:” <table><tr><th>Cereal</th><th>Amount</th><th>None</th><th>½</th><th>1</th><th>2+</th></tr><tr><td>Bran cereal (e.g. Bran Flakes, All Bran)</td><td>Bowl</td><td>☐</td><td>☐</td><td>☒</td><td>☐</td></tr><tr><td>Porridge, hot oat cereal (e.g. Ready Brek)</td><td>Bowl</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td></tr><tr><td>Muesli, oat clusters, crunchy oat cereal</td><td>Bowl</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td></tr><tr><td>Cornflakes, Rice Krispies</td><td>Bowl</td><td>☐</td><td>☐</td><td>☐</td><td>☐</td></tr></table> Extra help Text changed from: Please give this question a go: ☐ No ☐ Yes Show Help Answering questions Text removed: “However we do not expect you to select ‘None’ or ‘No’ for every item in grids with lots of options (such as the cereal example above) For example, if you had eaten one bowl of porridge you could either: • Answer every question by selecting cereals you don’t eat and ‘1’ for porridge, or • Only answer the porridge item.	Cereal	Amount	None	½	1	2+	Bran cereal (e.g. Bran Flakes, All Bran)	Bowl	☐	☐	☒	☐	Porridge, hot oat cereal (e.g. Ready Brek)	Bowl	☐	☐	☐	☐	Muesli, oat clusters, crunchy oat cereal	Bowl	☐	☐	☐	☐	Cornflakes, Rice Krispies	Bowl	☐	☐	☐	☐	Detailed User Guide page Option buttons Text not present. Text changed to: “The option buttons should respond to the <i>text beside them</i>.” Text not present. Extra help Text changed to: Please try the help link to the right: ☐ No ☐ Yes Show Help Answering questions Text not present.
Cereal	Amount	None	½	1	2+																										
Bran cereal (e.g. Bran Flakes, All Bran)	Bowl	☐	☐	☒	☐																										
Porridge, hot oat cereal (e.g. Ready Brek)	Bowl	☐	☐	☐	☐																										
Muesli, oat clusters, crunchy oat cereal	Bowl	☐	☐	☐	☐																										
Cornflakes, Rice Krispies	Bowl	☐	☐	☐	☐																										

Some people prefer to answer every item as they go, others prefer to only select the options that apply to them. It is up to you how you would like to answer.” Text changed from: “Rest assured, if you miss a required question then you will be alerted by a pop-up box.” Text changed from: “at the bottom of the page there will be a series of boxes reflecting your progress through the questionnaire, such as:  Each box represents a page in the questionnaire. Solid boxes  show pages that you have seen and outline boxes  represent later pages.”	Text changed to: “Should an essential question be overlooked, you will be alerted by a message appearing at the top of the page and the missed question will be highlighted to help draw attention to it.” Text changed to: “At the bottom of the page there will be a bar containing a percentage value representing your progress through the questionnaire, such as:  The coloured bar to the left shows how much you have done and the bar to the right shows how much remains.”
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7. Updating the nutrient calculation

- 7.1 When the Oxford WebQ was first developed, the FCT used to calculate the nutrient data was the UK McCance and Widdowson’s The Composition of Foods 6th edition (2002) and its supplements.
- 7.2 From 2020, nutrient intakes were calculated using the UK Nutrient Databank (UKNDB) (2013), which provides food composition data measured more closely in time to when UK Biobank participants completed the questionnaire (2009-12) and includes a larger range of processed food and composite dishes. Six hundred and eighty one of the 5,600 foods included in the UKNDB were incorporated into the Oxford WebQ.
- 7.3 In addition to replacing the FCT used to calculate nutrient intakes, other changes were also made, including changes in portion sizes, personalisation of fats used in cooking and the incorporation of new dietary variables such as energy density, and animal and plant fats and proteins. The underlying programming code for the nutrient calculation was also updated.¹⁹
- 7.4 The table below shows the nutrients initially calculated when using the original FCT and nutrient calculation (first column; note that these nutrients were also calculated using the

UKNDB) and additional nutrients calculated since using the new FCT and calculation method (second column):

Nutrients originally calculated from the UK McCance and Widdowson's "The Composition of Foods 6th edition (2002)" and more recently from the UK Nutrient Databank (UKNDB) (2013)	Additional nutrients calculated since using the UK Nutrient Databank (UKNDB) (2013)
Alcohol (g/day)	Alpha-carotene (µg/day)
Calcium (mg/day)	Animal fat (g/day)
Carbohydrate (g/day)	Animal protein (g/day)
Energy intake (kJ/day)	Beta cryptoxanthin (µg/day)
Englyst fibre (g/day)	Beta-carotene (µg/day)
Fat (g/day)	Biotin (µg/day)
Folate (µg/day)	Chloride (mg/day)
Iron (mg/day)	Cholesterol (mg/day)
Magnesium (mg/day)	Copper (mg/day)
Polyunsaturated fat* (g/day)	Energy density (kJ/g per day)
Potassium (mg/day)	Energy from beverages (kJ/day)
Protein (g/day)	Free sugar (g/day)
Retinol (µg/day)	Fructose (g/day)
Saturated fat (g/day)	Glucose (g/day)
Starch (g/day)	Haem iron (mg/day)
Total carotene (µg/day)	Intrinsic and milk sugars (g/day)
Total food weight (g)	Iodine (µg/day)
Total sugars (g/day)	Lactose (g/day)
Vitamin B12 (µg/day)	Maltose (g/day)
Vitamin B6 (mg/day)	Manganese (mg/day)
Vitamin C (mg/day)	Monounsaturated fatty acids (MUFA) (g/day)
Vitamin D (µg/day)	n-3 fatty acids (g/day)
Vitamin E (mg/day)	n-6 fatty acids (g/day)
	Niacin equivalent (mg/day)
	Non-haem iron (mg/day)
	Non-milk extrinsic sugars (g/day)
	Other sugars (g/day)
	Pantothenic acid (mg/day)
	Phosphorus (mg/day)
	Riboflavin
	Selenium (µg/day)
	Sodium (mg/day)
	Sucrose (g/day)
	Thiamin (mg/day)
	Total nitrogen (g/day)
	Total weight of beverages only (g)
	Trans fatty acids
	Vegetable fat (g/day)
	Vegetable protein (g/day)
	Vitamin A (retinol equivalents) (µg/day)
	Zinc (mg/day)

*Nutrient not available in the UKNDB but can be calculated by adding n-3 and n-6 fatty acids.

7.5 Estimated nutrient data is automatically calculated when the Oxford WebQ questionnaire is

completed, and is stored along with data about the quantities of food and drink consumed over the previous 24 hours.

- 7.6 The estimated nutrient data for UK Biobank participants is on Showcase as [Category 100117](#).
- 7.7 Based on the new nutrient calculations, a comprehensive food grouping system was developed to assist with analysis of the UK Biobank dietary data.²⁰

8 References

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9 Appendix 1 – Questions and format of the questionnaire

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
	INTRO Questions on diet	Thank you for agreeing to answer these questions about your diet. It will take about 10-15 minutes to complete. We would like to know what you ate and drank yesterday. By yesterday, we mean the time period from [yesterday's date] 00:00 (12:00am) to 23:59 (11:59pm). Yesterday may not have been a typical day for you; that's okay, we are still interested in what you ate and drank. We recommend reading the Brief User Guide below before proceeding. Please click the button found at the end of the guide when you are ready to begin.	
	INTRO Brief User Guide	You may find it helpful to spend a couple of minutes thinking about what you ate and drank yesterday before you start. The foods you ate may not match the items on our list exactly. Please choose a food or a combination of foods that most closely resembles what you had. Sometimes an Other option is available but we would prefer you to pick something else where possible. Please do not record the same food item more than once. For example, if you had one Jaffa cake, please do not record it as one chocolate covered biscuit and then again as one slice of cake as this would give the impression that you had two Jaffa cakes instead of one. Additional help with a question will be revealed by clicking on the <i>Show Help</i> link to the right of the question. There is more information in the detailed guide below. When you are happy to begin, please press the <i>Proceed</i> button.	

INTRO**Detailed User Guide**

We have tried to make this questionnaire as easy as possible to complete. We hope you find this a straightforward and rewarding experience.

Option Buttons

The option buttons should respond to the *text beside them*.

Please give this question a go: ☐No ☐Yes

You do not need to click directly on the option button, instead just click on the word 'No' or 'Yes' to get the same effect.

Extra Help

If you are unsure about how to answer a question or would like tips on portion sizes, there is usually a help section to assist you. Press the *Show Help* link below to reveal it:

Please try the help link to the right: ☐No ☒Yes [| Hide Help |](#)

Additional help appears underneath. To hide it again, press Hide Help.

Answering Questions

To ensure nothing is accidentally overlooked, we ask that you answer all of the main No/Yes questions (these questions appear in their own shaded box such as the 'Please give this question a go' box above).

Should an essential question be overlooked, you will be alerted by a message appearing at the top of the page and the missed question will be highlighted to help draw attention to it.

Please press the save button without selecting an option: ☐No ☐Yes

Save/Continue

Separate Foods

Since we are asking about foods rather than meals, some dishes will need to be recorded in parts, e.g. spaghetti Bolognese would need to be saved as pasta, beef, tomato-based sauce, plus mushrooms or vegetable pieces if there were vegetables present.

Progress

At the bottom of the page there will be a bar containing a percentage value representing your progress through the questionnaire, such

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
	as:  The coloured bar to the left shows how much you have done and the bar to the right shows how much remains. Finally The last page of the questionnaire contains a summary for you to check your answers. If you would like to change anything, there are links to help you jump to the correct section. At the bottom of the summary page is a final <i>Confirm</i> button. The questionnaire is not finished until after this button has been pressed. After pressing the button, you will no longer be able to change your answers. 		
100010	ABOUT YOU Portion size	Compared to other people, how would you describe your serving size? <i>[Please compare the amount you eat with other people you know, then try to answer the question.]</i>	[Select one from] - Smaller - Average - Larger
100020	Typical diet yesterday	Would you say that what you ate and drank yesterday was fairly typical for you? <i>Your questionnaire answers are just as important to us if your day was not typical.</i>	[Select one from] - No - Yes
20085	Atypical diet reasons	Why were you not eating or drinking normally?	[Select one or more from] - Were you ill? - Were you fasting? - Were you away from home or your place of work? - Other reasons [Please briefly describe your other reasons: free text field 50 characters]

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
20086	Type of special diet followed	Do you routinely follow a special diet? <i>[Please select which category best describes your type of special diet, otherwise select the Other category.]</i>	<i>[Select one or more from]</i> - Gluten free or wheat free diet - If so, please answer questions on bread and pasta as though they are gluten-free / wheat-free. - Diet for lactose intolerance - Vegetarian diet (no meat, no poultry and no fish) - Vegan diet - Low calorie / weight-controlled diet - High calorie diet to prevent weight loss e.g. following surgery - Low fibre diet e.g. following surgery - Other special diet (Please briefly describe your other special diet: [free text field 50 characters])
100240	COFFEE	Did you drink any coffee yesterday? <i>[Include all coffee drinks whether hot, cold/iced, instant, shop bought (including Starbucks), machine made or made by hand.</i> <i>Coffee substitutes such as Barley Cup and Dandelion Coffee should not be recorded here. Instead, record this under Other non-alcoholic drinks on the Soft Drinks page later on.</i> <i>If you added sugar/sweetener to some of your coffees but not all, or if the amount of sugar/sweetener you added varied from one coffee drink to another, please choose the Number of teaspoons of sugar varied option.</i> <i>The question on milk, cream or whitener includes plant-based milks such as almond milk.]</i>	<i>[Select one from]</i> - No - Yes

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
100250	COFFEE Instant	[Checkbox] Instant	[Select one from] - Half a mug/cup - 1 mug/cup - 2 mugs/cups - 3 mugs/cups - 4 mugs/cups - 5 mugs/cups - 6+ mugs/cups
100260	COFFEE Instant	Milk, cream or whitener (e.g. Coffee-mate)	[Select one from] - Mix of black and white coffees - All black coffees (no milk, cream or whitener) - All white coffees (with milk, cream or whitener)
100360	COFFEE Instant	Caffeine	[Select one from] - Mix of decaf and regular coffee - Regular coffee (caffeine left in) - Decaf coffee (no caffeine)
100370	COFFEE Instant	Sugar added to each mug/cup	[Select one from] - No sugar added - Number of teaspoons of sugar varied - Half a teaspoon of sugar - 1 teaspoon of sugar - 2 teaspoons of sugar - 3+ teaspoons of sugar
100380	COFFEE Instant	Sweetener (e.g. Canderel) added to each mug/cup	[Select one from] - No sweetener added - Number of teaspoons/tablets of sweetener varied - Half a teaspoon/tablet of sweetener - 1 teaspoon/tablet of sweetener - 2 teaspoons/tablets of sweetener - 3+ teaspoons/tablets of sweetener

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
100270	COFFEE Filter/Americano/ Cafetière Coffee	[Checkbox] Filter/Americano/Cafetière Coffee	[Select one from] - Half a mug/cup - 1 mug/cup - 2 mugs/cups - 3 mugs/cups - 4 mugs/cups - 5 mugs/cups - 6+ mugs/cups
100280	COFFEE Filter/Americano/ Cafetière Coffee	Milk, cream or whitener (e.g. Coffee-mate)	[Select one from] - Mix of black and white coffees - All black coffees (no milk, cream or whitener) - All white coffees (with milk, cream or whitener)
100360	COFFEE Filter/Americano/ Cafetière Coffee	Caffeine	[Select one from] - Mix of decaf and regular coffee - Regular coffee (caffeine left in) - Decaf coffee (no caffeine)
100370	COFFEE Filter/Americano/ Cafetière Coffee	Sugar added to each mug/cup	[Select one from] - No sugar added - Number of teaspoons of sugar varied - Half a teaspoon of sugar - 1 teaspoon of sugar - 2 teaspoons of sugar - 3+ teaspoons of sugar
100380	COFFEE Filter/Americano/ Cafetière Coffee	Sweetener (e.g. Canderel) added to each mug/cup	[Select one from] - No sweetener added - Number of teaspoons/tablets of sweetener varied - Half a teaspoon/tablet of sweetener - 1 teaspoon/tablet of sweetener - 2 teaspoons/tablets of sweetener - 3+ teaspoons/tablets of sweetener

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
100290	COFFEE Cappuccino	[Checkbox] Cappuccino	[Select one from] - Half a mug/cup - 1 mug/cup - 2 mugs/cups - 3 mugs/cups - 4 mugs/cups - 5 mugs/cups - 6+ mugs/cups
100360	COFFEE Cappuccino	Caffeine	[Select one from] - Mix of decaf and regular coffee Regular coffee (caffeine left in) - Decaf coffee (no caffeine)
100370	COFFEE Cappuccino	Sugar added to each mug/cup	[Select one from] - No sugar added - Number of teaspoons of sugar varied - Half a teaspoon of sugar - 1 teaspoon of sugar - 2 teaspoons of sugar - 3+ teaspoons of sugar
100380	COFFEE Cappuccino	Sweetener (e.g. Canderel) added to each mug/cup	[Select one from] - No sweetener added - Number of teaspoons/tablets of sweetener varied - Half a teaspoon/tablet of sweetener - 1 teaspoon/tablet of sweetener - 2 teaspoons/tablets of sweetener - 3+ teaspoons/tablets of sweetener
100300	COFFEE Latte	[Checkbox] Latte	[Select one from] - Half a mug/cup - 1 mug/cup - 2 mugs/cups - 3 mugs/cups - 4 mugs/cups - 5 mugs/cups - 6+ mugs/cups

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
100360	COFFEE Latte	Caffeine	[Select one from] - Mix of decaf and regular coffee - Regular coffee (caffeine left in) - Decaf coffee (no caffeine)
100370	COFFEE Latte	Sugar added to each mug/cup	[Select one from] - No sugar added - Number of teaspoons of sugar varied - Half a teaspoon of sugar - 1 teaspoon of sugar - 2 teaspoons of sugar - 3+ teaspoons of sugar
100380	COFFEE Latte	Sweetener (e.g. Canderel) added to each mug/cup	[Select one from] - No sweetener added - Number of teaspoons/tablets of sweetener varied - Half a teaspoon/tablet of sweetener - 1 teaspoon/tablet of sweetener - 2 teaspoons/tablets of sweetener - 3+ teaspoons/tablets of sweetener
100310	COFFEE Espresso	[Checkbox] Espresso	[Select one from] - Half a cup - 1 cup - 2 cups - 3 cups - 4 cups - 5 cups - 6+ cups
100320	COFFEE Espresso	Milk, cream or whitener (e.g. Coffee-mate)	[Select one from] - Mix of black and white coffees - All black coffees (no milk, cream or whitener) - All white coffees (with milk, cream or whitener)
100360	COFFEE Espresso	Caffeine	[Select one from] - Mix of decaf and regular coffee - Regular coffee (caffeine left in) - Decaf coffee (no caffeine)

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
100370	COFFEE Espresso	Sugar added to each mug/cup	[Select one from] - No sugar added - Number of teaspoons of sugar varied - Half a teaspoon of sugar - 1 teaspoon of sugar - 2 teaspoons of sugar - 3+ teaspoons of sugar
100380	COFFEE Espresso	Sweetener (e.g. Canderel) added to each mug/cup	[Select one from] - No sweetener added - Number of teaspoons/tablets of sweetener varied - Half a teaspoon/tablet of sweetener - 1 teaspoon/tablet of sweetener - 2 teaspoons/tablets of sweetener - 3+ teaspoons/tablets of sweetener
100330	COFFEE Other coffee	[Checkbox] Other coffee drinks	[Select one from] Half a mug/cup - 1 mug/cup - 2 mugs/cups - 3 mugs/cups - 4 mugs/cups - 5 mugs/cups - 6+ mugs/cups
100350	COFFEE Other coffee	Milk, cream or whitener (e.g. Coffee-mate)	[Select one from] - Mix of black and white coffees - All black coffees (no milk, cream or whitener) - All white coffees (with milk, cream or whitener)
100360	COFFEE Other coffee	Caffeine	[Select one from] - Mix of decaf and regular coffee - Regular coffee (caffeine left in) - Decaf coffee (no caffeine)
100370	COFFEE Other coffee	Sugar added to each mug/cup	[Select one from] - No sugar added - Number of teaspoons of sugar varied - Half a teaspoon of sugar - 1 teaspoon of sugar - 2 teaspoons of sugar - 3+ teaspoons of sugar

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
100380	COFFEE Other coffee	Sweetener (e.g. Canderel) added to each mug/cup	[Select one from] - No sweetener added - Number of teaspoons/tablets of sweetener varied - Half a teaspoon/tablet of sweetener - 1 teaspoon/tablet of sweetener - 2 teaspoons/tablets of sweetener - 3+ teaspoons/tablets of sweetener
	COFFEE Other coffee	Please briefly describe your other coffee drinks:	[50 character free text field]
100390	TEA	Did you drink any tea / infusion yesterday? <i>[Standard tea covers all the different types of tea made with black tea leaves (this is the most common type of tea). This includes teabags and loose-leaf tea as well as decaffeinated types.]</i> <i>Peppermint tea belongs in the herbal or fruit infusion section.</i> <i>If you added honey to your tea or infusion, please treat this as sugar.</i> <i>Do not treat artificial sweetener as sugar.</i> <i>If your tea or infusion is not on the list, please record it under Other located at the bottom of the list.]</i>	[Select one from] - No - Yes
100400	TEA Standard tea	[Checkbox] Standard tea e.g. Tetley, PG Tips, Assam, Darjeeling	[Select one from] - Half a mug/cup - 1 mug/cup - 2 mugs/cups - 3 mugs/cups - 4 mugs/cups - 5 mugs/cups - 6+ mugs/cups

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
100460	TEA Standard tea	Milk added to each mug/cup	[Select one from] - Some with milk and some without - No milk added - Milk added to every cup/mug
100470	TEA Standard tea	Caffeine	[Select one from] - Mix of decaf and regular tea - Regular tea (caffeine left in) - Decaf tea (no caffeine)
100490	TEA Standard tea	Sugar added to each mug/cup	[Select one from] - No sugar added - Number of teaspoons of sugar varied - Half a teaspoon of sugar - 1 teaspoon of sugar - 2 teaspoons of sugar - 3+ teaspoons of sugar
100500	TEA Standard tea	Sweetener (e.g. Canderel) added to each mug/cup	[Select one from] - No sweetener added - Number of teaspoons/tablets of sweetener varied - Half a teaspoon/tablet of sweetener - 1 teaspoon/tablet of sweetener - 2 teaspoons/tablets of sweetener - 3+ teaspoons/tablets of sweetener
100410	TEA Rooibos / Redbush tea	[Checkbox] Rooibos / Redbush tea e.g. Tick Tock	[Select one from] - Half a mug/cup - 1 mug/cup - 2 mugs/cups - 3 mugs/cups - 4 mugs/cups - 5 mugs/cups - 6+ mugs/cups
100480	TEA Rooibos / Redbush tea	Milk added to each mug/cup	[Select one from] - Some with milk and some without - No milk added - Milk added to every cup/mug

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
100490	TEA Rooibos / Redbush tea	Sugar added to each mug/cup	[Select one from] - No sugar added - Number of teaspoons of sugar varied - Half a teaspoon of sugar - 1 teaspoon of sugar - 2 teaspoons of sugar - 3+ teaspoons of sugar
100500	TEA Rooibos / Redbush tea	Sweetener (e.g. Canderel) added to each mug/cup	[Select one from] - No sweetener added - Number of teaspoons/tablets of sweetener varied - Half a teaspoon/tablet of sweetener - 1 teaspoon/tablet of sweetener - 2 teaspoons/tablets of sweetener - 3+ teaspoons/tablets of sweetener
100420	TEA Green tea	[Checkbox] Green tea	[Select one from] - Half a mug/cup - 1 mug/cup - 2 mugs/cups - 3 mugs/cups - 4 mugs/cups - 5 mugs/cups - 6+ mugs/cups
100490	TEA Green tea	Sugar added to each mug/cup	[Select one from] - No sugar added - Number of teaspoons of sugar varied - Half a teaspoon of sugar - 1 teaspoon of sugar - 2 teaspoons of sugar - 3+ teaspoons of sugar
100500	TEA Green tea	Sweetener (e.g. Canderel) added to each mug/cup	[Select one from] - No sweetener added - Number of teaspoons/tablets of sweetener varied - Half a teaspoon/tablet of sweetener - 1 teaspoon/tablet of sweetener - 2 teaspoons/tablets of sweetener - 3+ teaspoons/tablets of sweetener

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
100430	TEA Herbal or fruit tea (infusion)	[Checkbox] Herbal or fruit tea (infusion)	[Select one from] - Half a mug/cup - 1 mug/cup - 2 mugs/cups - 3 mugs/cups - 4 mugs/cups - 5 mugs/cups - 6+ mugs/cups
100490	TEA Herbal or fruit tea (infusion)	Sugar added to each mug/cup	[Select one from] - No sugar added - Number of teaspoons of sugar varied - Half a teaspoon of sugar - 1 teaspoon of sugar - 2 teaspoons of sugar - 3+ teaspoons of sugar
100500	TEA Herbal or fruit tea (infusion)	Sweetener (e.g. Canderel) added to each mug/cup	[Select one from] - No sweetener added - Number of teaspoons/tablets of sweetener varied - Half a teaspoon/tablet of sweetener - 1 teaspoon/tablet of sweetener - 2 teaspoons/tablets of sweetener - 3+ teaspoons/tablets of sweetener
100440	TEA Other tea or infusion	[Checkbox] Other tea or infusion	[Select one from] - Half a mug/cup - 1 mug/cup - 2 mugs/cups - 3 mugs/cups - 4 mugs/cups - 5 mugs/cups - 6+ mugs/cups
100490	TEA Other tea or infusion	Sugar added to each mug/cup	[Select one from] - No sugar added - Number of teaspoons of sugar varied - Half a teaspoon of sugar - 1 teaspoon of sugar - 2 teaspoons of sugar - 3+ teaspoons of sugar

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
100500	TEA Other tea or infusion	Sweetener (e.g. Canderel) added to each mug/cup	[Select one from] - No sweetener added - Number of teaspoons/tablets of sweetener varied - Half a teaspoon/tablet of sweetener - 1 teaspoon/tablet of sweetener - 2 teaspoons/tablets of sweetener - 3+ teaspoons/tablets of sweetener
	TEA Other tea or infusion	Please briefly describe your other tea or infusion:	[50 character free text field]
	SOFT DRINKS	Which of the following did you drink yesterday? <i>[Low calorie flavoured water should be recorded under low calorie drinks.</i> <i>You will be asked about alcoholic drinks next but please record the mixers here e.g. record the tonic water here if you had a gin and tonic.</i> <i>Actimel and Yakult should be recorded under yogurt-based drinks.]</i>	
100150	SOFT DRINKS	[Checkbox] Water e.g. fizzy, still, tap	[Select one from] - Half a glass/beaker - 1 glass/beaker (250ml) - 2 glasses/beakers - 3 glasses/beakers - 4 glasses/beakers - 5 glasses/beakers - 6+ glasses/beakers
100160	SOFT DRINKS	[Checkbox] Low calorie or diet drinks e.g. fizzy, still (diet cola, diet squash)	[Select one from] - Half a glass/can - 1 glass/can - 2 glasses/cans - 3 glasses/cans - 4 glasses/cans - 5 glasses/cans - 6+ glasses/cans

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
100170	SOFT DRINKS	[Checkbox] Carbonated (fizzy) drinks	[Select one from] - Half a glass/can - 1 glass/can - 2 glasses/cans - 3 glasses/cans - 4 glasses/cans - 5 glasses/cans - 6+ glasses/cans
100180	SOFT DRINKS	[Checkbox] Fruit drinks, J20, squash or cordial	[Select one from] - Half a glass/carton - 1 glass/carton (250ml) - 2 glasses/cartons - 3 glasses/cartons - 4 glasses/cartons - 5 glasses/cartons - 6+ glasses/cartons
100190	SOFT DRINKS Pure juice & smoothies	[Checkbox] Pure orange juice	[Select one from] - Half a glass/carton - 1 glass/carton (250ml) - 2 glasses/cartons - 3 glasses/cartons - 4 glasses/cartons - 5 glasses/cartons - 6+ glasses/cartons
100200	SOFT DRINKS Pure juice & smoothies	[Checkbox] Pure grapefruit juice	[Select one from] - Half a glass/carton - 1 glass/carton (250ml) - 2 glasses/cartons - 3 glasses/cartons - 4 glasses/cartons - 5 glasses/cartons - 6+ glasses/cartons

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
100210	SOFT DRINKS Pure juice & smoothies	[Checkbox] Other pure fruit / vegetable juice	[Select one from] - Half a glass/carton - 1 glass/carton (250ml) - 2 glasses/cartons - 3 glasses/cartons - 4 glasses/cartons - 5 glasses/cartons - 6+ glasses/cartons
100220	SOFT DRINKS Pure juice & smoothies	[Checkbox] Fruit smoothie	[Select one from] - Half a glass/bottle - 1 glass/bottle (250ml) - 2 glasses/bottles - 3 glasses/bottles - 4 glasses/bottles - 5 glasses/bottles - 6+ glasses/bottles
100230	SOFT DRINKS Pure juice & smoothies	[Checkbox] Dairy/yogurt-based smoothie	[Select one from] - Half a glass/bottle - 1 glass/bottle (250ml) - 2 glasses/bottles - 3 glasses/bottles - 4 glasses/bottles - 5 glasses/bottles - 6+ glasses/bottles
100520	SOFT DRINKS Milk-based drinks	[Checkbox] Milk (excluding milkshakes)	[Select one from] - Half a glass/carton - 1 glass/carton (250ml) - 2 glasses/cartons - 3 glasses/cartons - 4 glasses/cartons - 5 glasses/cartons - 6+ glasses/cartons

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
100530	SOFT DRINKS Milk-based drinks	[Checkbox] Yogurt drinks, flavoured milk or milkshakes	[Select one from] - Half a glass/carton - 1 glass/carton (250ml) - 2 glasses/cartons - 3 glasses/cartons - 4 glasses/cartons - 5 glasses/cartons - 6+ glasses/cartons
100540	SOFT DRINKS Milk-based drinks	[Checkbox] Low calorie hot chocolate drinks	[Select one from] - Half a mug/cup - 1 mug/cup - 2 mugs/cups - 3 mugs/cups - 4 mugs/cups - 5 mugs/cups - 6+ mugs/cups
100550	SOFT DRINKS Milk-based drinks	[Checkbox] Hot chocolate or other milk-based drinks including Horlicks	[Select one from] - Half a mug/cup - 1 mug/cup - 2 mugs/cups - 3 mugs/cups - 4 mugs/cups - 5 mugs/cups - 6+ mugs/cups
100560	SOFT DRINKS Other soft drinks not already covered	[Checkbox] Other (non-alcoholic) drinks	[Select one from] - Half a glass/mug/cup - 1 glass/mug/cup - 2 glasses/mugs/cups - 3 glasses/mugs/cups - 4 glasses/mugs/cups - 5 glasses/mugs/cups - 6+ glasses/mugs/cups
	SOFT DRINKS Other soft drinks not already covered	Please briefly describe your other (non-alcoholic) drinks:	[50 character free text field]

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
100580	ALCOHOL	Did you have any alcoholic drinks yesterday? For instance, beer, wine or spirits <i>[Please treat liqueurs as spirits.</i> <i>If you had mixed drinks such as shandy, cocktails or alcopops, think about what went in them. For example, shandy is made from beer, lager or cider (please record the lemonade or ginger beer used in the shandy separately); cocktails and alcopops contain one or more spirits. Alcohol used in cooking should be ignored.]</i>	[Select one from] - No - Yes
100590	ALCOHOL	[Checkbox] Red wine	[Select one from] - Half a wine glass - 1 wine glass - 2 wine glasses - 3 wine glasses - 4 wine glasses - 5 wine glasses - 6+ wine glasses
20096	ALCOHOL	Red wine	[Select all that apply] - Small glass (125ml) - Medium glass (175ml) - Large glass (250ml)
100630	ALCOHOL	[Checkbox] Rosé wine (include sparkling)	[Select one from] - Half a wine glass - 1 wine glass - 2 wine glasses - 3 wine glasses - 4 wine glasses - 5 wine glasses - 6+ wine glasses
20097	ALCOHOL	Rosé wine (include sparkling)	[Select all that apply] - Small glass (125ml) - Medium glass (175ml) - Large glass (250ml)

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
100670	ALCOHOL	[Checkbox] White wine (include sparkling)	[Select one from] - Half a wine glass - 1 wine glass - 2 wine glasses - 3 wine glasses - 4 wine glasses - 5 wine glasses - 6+ wine glasses
20095	ALCOHOL	White wine (include sparkling)	[Select all that apply] - Small glass (125ml) - Medium glass (175ml) - Large glass (250ml)
100710	ALCOHOL	[Checkbox] Beer, lager or cider	[Select one from] - Half a pint - 1 pint - 2 pints - 3 pints - 4 pints - 5 pints - 6+ pints
100720	ALCOHOL	[Checkbox] Sherry, fortified wine or port	[Select one from] - Half a sherry/port glass - 1 sherry/port glass - 2 sherry/port glasses - 3 sherry/port glasses - 4 sherry/port glasses - 5 sherry/port glasses - 6+ sherry/port glasses
100730	ALCOHOL	[Checkbox] Spirits e.g. vodka, whisky, gin, rum	[Select one from] - Half a measure - 1 measure - 2 measures - 3 measures - 4 measures - 5 measures - 6+ measures

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
100740	ALCOHOL	[Checkbox] Other alcoholic drinks	[Select one from] Half an unit 1 unit 2 units 3 units 4 units 5 units 6+ units
	ALCOHOL Other alcoholic drinks	Please briefly describe your other alcoholic drinks:	[50 character free text field]
100760	CEREAL	Did you eat any breakfast cereal yesterday? <i>This could be at any time of the day. Please include hot cereals, but not cereal bars.</i> <i>[If you had yogurt on your cereal (instead of milk), please record this later in the dessert section as a serving of yogurt.</i> <i>Two standard size Shredded Wheat or Weetabix biscuits counts as one bowl.</i> <i>Please select the option that best describes your type of cereal, otherwise select the Other category.]</i>	[Select one from] - No - Yes
100770	CEREAL Porridge, hot oat cereal	[Checkbox] Porridge, hot oat cereal e.g. Ready Brek	[Select one from] - Half a bowl - 1 bowl - 2 bowls - 3+ bowls
20105	CEREAL Porridge, hot oat cereal	Porridge, hot oat cereal e.g. Ready Brek	[Select all that apply] - Made with water - Made with milk
100890	CEREAL Porridge, hot oat cereal	Milk added to porridge after cooking	[Select one from] - No extra milk added - Extra milk added to cooked porridge - Some with and some without extra milk

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
100880	CEREAL Porridge, hot oat cereal	Did the porridge already contain dried fruit, e.g. Oat So Simple Summer Berries?	[Select one from] - Did not already contain dried fruit - Already contained dried fruit - Some contained dried fruit, some did not
100900	CEREAL Porridge, hot oat cereal	Sugar, jam, honey or syrup added to each bowl	[Select one from] - No sugar, jam, honey or syrup added - Number of teaspoons of sugar, jam, honey or syrup varied - Half a teaspoon of sugar, jam, honey or syrup - 1 teaspoon of sugar, jam, honey or syrup - 2 teaspoons of sugar, jam, honey or syrup - 3+ teaspoons of sugar, jam, honey or syrup
100910	CEREAL Porridge, hot oat cereal	Sweetener (e.g. Canderel) added to each bowl	[Select one from] - No sweetener added - Number of teaspoons/tablets of sweetener varied - Half a teaspoon/tablet of sweetener - 1 teaspoon/tablet of sweetener - 2 teaspoons/tablets of sweetener - 3+ teaspoons/tablets of sweetener
100800	CEREAL Muesli	[Checkbox] Muesli	[Select one from] - Half a bowl - 1 bowl - 2 bowls - 3+ bowls
100890	CEREAL Muesli	Milk added to each bowl	[Select one from] - No milk added - Eaten with added milk - Some eaten with milk and some without
100880	CEREAL Muesli	Did the muesli already contain dried fruit?	[Select one from] - Did not already contain dried fruit - Already contained dried fruit - Some contained dried fruit, some did not

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
100900	CEREAL Muesli	Sugar, jam, honey or syrup added to each bowl	[Select one from] - No sugar, jam, honey or syrup added - Number of teaspoons of sugar, jam, honey or syrup varied - Half a teaspoon of sugar, jam, honey or syrup - 1 teaspoon of sugar, jam, honey or syrup - 2 teaspoons of sugar, jam, honey or syrup - 3+ teaspoons of sugar, jam, honey or syrup
100910	CEREAL Muesli	Sweetener (e.g. Canderel) added to each bowl	[Select one from] - No sweetener added - Number of teaspoons/tablets of sweetener varied - Half a teaspoon/tablet of sweetener - 1 teaspoon/tablet of sweetener - 2 teaspoons/tablets of sweetener - 3+ teaspoons/tablets of sweetener
100810	CEREAL Sweetened oat crunch type cereal	[Checkbox] Sweetened oat crunch type cereal e.g. Jordans Country Crisp, chocolate nut clusters	[Select one from] - Half a bowl - 1 bowl - 2 bowls - 3+ bowls
100890	CEREAL Sweetened oat crunch type cereal	Milk added to each bowl	[Select one from] - No milk added - Eaten with added milk - Some eaten with milk and some without
100880	CEREAL Sweetened oat crunch type cereal	Did the cereal already contain dried fruit, e.g. Country Crisp Strawberry?	[Select one from] - Did not already contain dried fruit - Already contained dried fruit - Some contained dried fruit, some did not
100900	CEREAL Sweetened oat crunch type cereal	Sugar, jam, honey or syrup added to each bowl	[Select one from] - No sugar, jam, honey or syrup added - Number of teaspoons of sugar, jam, honey or syrup varied - Half a teaspoon of sugar, jam, honey or syrup - 1 teaspoon of sugar, jam, honey or syrup - 2 teaspoons of sugar, jam, honey or syrup - 3+ teaspoons of sugar, jam, honey or syrup

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
100910	CEREAL Sweetened oat crunch type cereal	Sweetener (e.g. Canderel) added to each bowl	[Select one from] - No sweetener added - Number of teaspoons/tablets of sweetener varied - Half a teaspoon/tablet of sweetener - 1 teaspoon/tablet of sweetener - 2 teaspoons/tablets of sweetener - 3+ teaspoons/tablets of sweetener
100820	CEREAL Other sweetened cereals	[Checkbox] Other sweetened cereals e.g. Frosties, Honey Nut Cornflakes, Coco Pops	[Select one from] - Half a bowl - 1 bowl - 2 bowls - 3+ bowls
100890	CEREAL Other sweetened cereals	Milk added to each bowl	[Select one from] - No milk added - Eaten with added milk - Some eaten with milk and some without
100880	CEREAL Other sweetened cereals	Did the cereal already contain dried fruit?	[Select one from] - Did not already contain dried fruit - Already contained dried fruit - Some contained dried fruit, some did not
100900	CEREAL Other sweetened cereals	Sugar, jam, honey or syrup added to each bowl	[Select one from] - No sugar, jam, honey or syrup added - Number of teaspoons of sugar, jam, honey or syrup varied - Half a teaspoon of sugar, jam, honey or syrup - 1 teaspoon of sugar, jam, honey or syrup - 2 teaspoons of sugar, jam, honey or syrup - 3+ teaspoons of sugar, jam, honey or syrup
100910	CEREAL Other sweetened cereals	Sweetener (e.g. Canderel) added to each bowl	[Select one from] - No sweetener added - Number of teaspoons/tablets of sweetener varied - Half a teaspoon/tablet of sweetener - 1 teaspoon/tablet of sweetener - 2 teaspoons/tablets of sweetener - 3+ teaspoons/tablets of sweetener

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
100830	CEREAL Plain cereals	[Checkbox] Plain cereals e.g. Cornflakes, Rice Krispies, Special K	[Select one from] - Half a bowl - 1 bowl - 2 bowls - 3+ bowls
100890	CEREAL Plain cereals	Milk added to each bowl	[Select one from] - No milk added - Eaten with added milk - Some eaten with milk and some without
100880	CEREAL Plain cereals	Did the cereal already contain dried fruit, e.g. Special K Red Berries?	[Select one from] - Did not already contain dried fruit - Already contained dried fruit - Some contained dried fruit, some did not
100900	CEREAL Plain cereals	Sugar, jam, honey or syrup added to each bowl	[Select one from] - No sugar, jam, honey or syrup added - Number of teaspoons of sugar, jam, honey or syrup varied - Half a teaspoon of sugar, jam, honey or syrup - 1 teaspoon of sugar, jam, honey or syrup - 2 teaspoons of sugar, jam, honey or syrup - 3+ teaspoons of sugar, jam, honey or syrup
100910	CEREAL Plain cereals	Sweetener (e.g. Canderel) added to each bowl	[Select one from] - No sweetener added - Number of teaspoons/tablets of sweetener varied - Half a teaspoon/tablet of sweetener - 1 teaspoon/tablet of sweetener - 2 teaspoons/tablets of sweetener - 3+ teaspoons/tablets of sweetener
100840	CEREAL Bran cereals	[Checkbox] Bran cereals e.g. bran flakes, All Bran	[Select one from] - Half a bowl - 1 bowl - 2 bowls - 3+ bowls

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
100890	CEREAL Bran cereals	Milk added to each bowl	[Select one from] - No milk added - Eaten with added milk - Some eaten with milk and some without
100880	CEREAL Bran cereals	Did the cereal already contain dried fruit, E.g. Sultana Bran, Fruit 'n' Fibre?	[Select one from] - Did not already contain dried fruit - Already contained dried fruit - Some contained dried fruit, some did not
100900	CEREAL Bran cereals	Sugar, jam, honey or syrup added to each bowl	[Select one from] - No sugar, jam, honey or syrup added - Number of teaspoons of sugar, jam, honey or syrup varied - Half a teaspoon of sugar, jam, honey or syrup - 1 teaspoon of sugar, jam, honey or syrup - 2 teaspoons of sugar, jam, honey or syrup - 3+ teaspoons of sugar, jam, honey or syrup
100910	CEREAL Bran cereals	Sweetener (e.g. Canderel) added to each bowl	[Select one from] - No sweetener added - Number of teaspoons/tablets of sweetener varied - Half a teaspoon/tablet of sweetener - 1 teaspoon/tablet of sweetener - 2 teaspoons/tablets of sweetener - 3+ teaspoons/tablets of sweetener
100850	CEREAL Whole-wheat cereals	[Checkbox] Whole-wheat cereals e.g. Weetabix, Shredded Wheat, Shreddies	[Select one from] - Half a bowl - 1 bowl - 2 bowls - 3+ bowls
100890	CEREAL Whole-wheat cereals	Milk added to each bowl	[Select one from] - No milk added - Eaten with added milk - Some eaten with milk and some without
100880	CEREAL Whole-wheat cereals	Did the cereal already contain dried fruit, e.g. Raisin Wheats?	[Select one from] - Did not already contain dried fruit - Already contained dried fruit - Some contained dried fruit, some did not

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
100900	CEREAL Whole-wheat cereals	Sugar, jam, honey or syrup added to each bowl	[Select one from] - No sugar, jam, honey or syrup added - Number of teaspoons of sugar, jam, honey or syrup varied - Half a teaspoon of sugar, jam, honey or syrup - 1 teaspoon of sugar, jam, honey or syrup - 2 teaspoons of sugar, jam, honey or syrup - 3+ teaspoons of sugar, jam, honey or syrup
100910	CEREAL Whole-wheat cereals	Sweetener (e.g. Canderel) added per bowl	[Select one from] - No sweetener added - Number of teaspoons/tablets of sweetener varied - Half a teaspoon/tablet of sweetener - 1 teaspoon/tablet of sweetener - 2 teaspoons/tablets of sweetener - 3+ teaspoons/tablets of sweetener
100860	CEREAL Other cereal	[Checkbox] Other cereal	[Select one from] - Half a bowl - 1 bowl - 2 bowls - 3+ bowls
100890	CEREAL Other cereal	Milk added to each bowl	[Select one from] - No milk added - Eaten with added milk - Some eaten with milk and some without
100880	CEREAL Other cereal	Did the cereal already contain dried fruit?	[Select one from] - Did not already contain dried fruit - Already contained dried fruit - Some contained dried fruit, some did not
100900	CEREAL Other cereal	Sugar, jam, honey or syrup added per bowl	[Select one from] - No sugar, jam, honey or syrup added - Number of teaspoons of sugar, jam, honey or syrup varied - Half a teaspoon of sugar, jam, honey or syrup - 1 teaspoon of sugar, jam, honey or syrup - 2 teaspoons of sugar, jam, honey or syrup - 3+ teaspoons of sugar, jam, honey or syrup

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
100910	CEREAL Other cereal	Sweetener (e.g. Canderel) added per bowl	<i>[Select one from]</i> - No sweetener added - Number of teaspoons/tablets of sweetener varied - Half a teaspoon/tablet of sweetener - 1 teaspoon/tablet of sweetener - 2 teaspoons/tablets of sweetener - 3+ teaspoons/tablets of sweetener
	CEREAL Other cereal	Please briefly describe your other cereal:	<i>[50 character free text field]</i>
100920	MILK	Which type of milk did you use most frequently yesterday? Remember milk in drinks, on cereal and in cooking. <i>[If you typically use more than one type of milk, please select the one you use the most, even if it is only used slightly more than other types.]</i> <i>If you had 1% fat milk (e.g. Sainsbury's orange top milk) then please select Semi-skimmed cow's milk.]</i>	<i>[Select one from]</i> - I did not have any type of milk or milk substitute yesterday - Semi-skimmed cow's milk - Skimmed cow's milk - Whole (full cream) cow's milk - Cholesterol lowering milk e.g. Flora ProActiv - Soya milk with added calcium - Soya milk without added calcium - Goat's or sheep's milk - Rice, oat milk or other vegetable milk e.g. Rice - - Dream, Plamil - Powdered milk - I do not know which type of milk I used the most - Other type of milk
	MILK	Please briefly describe your other type of milk:	<i>[50 character free text field]</i>
100940	BREAD	Did you eat any bread or crackers yesterday? Such as toast, sandwiches, rice cakes, bread rolls, hotdog roll, crumpets, tortilla wraps. <i>[Please do not include pizza, as this will be asked later.]</i> <i>Please do not include croissants and pastries, as that will be asked later.</i> <i>If your bread or crackers are not on the list, please record it under Other located at the bottom of the list.]</i>	<i>[Select one from]</i> - No - Yes

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
100950	BREAD Sliced bread	[Checkbox] Sliced bread	[Select one from] - Half a slice - 1 slice - 2 slices - 3 slices - 4 slices - 5 slices - 6+ slices
20091	BREAD Sliced bread	Bread type	[Select all that apply] - White - Granary, brown, mixed flours/grains, white with extras (e.g. Best of Both, 50/50) - Wholemeal - Other flour - please describe: [50 character free text field] - Seeded (inside and/or on top)
101020	BREAD Sandwich baguette, ciabatta, panini, sub	[Checkbox] Sandwich baguette, ciabatta, panini, sub	[Select one from] - Half a baguette/ciabatta/panini/sub - 1 baguette/ciabatta/panini/sub - 2 baguettes/ciabatta/panini/subs - 3 baguettes/ciabatta/panini/subs - 4 baguettes/ciabatta/panini/subs - 5 baguettes/ciabatta/panini/subs - 6+ baguettes/ciabatta/panini/subs
20092	BREAD Sandwich baguette, ciabatta, panini, sub	Bread type	[Select all that apply] - White - Granary, brown, mixed flours/grains, white with extras (e.g. Best of Both, 50/50) - Wholemeal - Other flour - please describe: [50 character free text field] - Seeded (inside and/or on top)

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
101090	BREAD Large sandwich bap, stotty, pitta bread	[Checkbox] Large sandwich bap, stotty, pitta bread	[Select one from] - Half a big bap/stotty/pitta - 1 big bap/stotty/pitta - 2 big baps/stotties/pittas - 3 big baps/stotties/pittas - 4 big baps/stotties/pittas - 5 big baps/stotties/pittas - 6+ big baps/stotties/pittas
20093	BREAD Large sandwich bap, stotty, pitta bread	Bread type	[Select all that apply] - White - Granary, brown, mixed flours/grains, white with extras (e.g. Best of Both, 50/50) - Wholemeal - Other flour - please describe: [50 character free text field] - Seeded (inside and/or on top)
101160	BREAD Bread roll, bap, burger bun, hotdog roll, bagel	[Checkbox] Bread roll, bap, burger bun, hotdog roll, bagel	[Select one from] - Half a roll/bap/bun/bagel - 1 roll/bap/bun/bagel - 2 rolls/baps/buns/bagels - 3 rolls/baps/buns/bagels - 4 rolls/baps/buns/bagels - 5 rolls/baps/buns/bagels - 6+ rolls/baps/buns/bagels
20094	BREAD Bread roll, bap, burger bun, hotdog roll, bagel	Bread type	[Select all that apply] - White - Granary, brown, mixed flours/grains, white with extras (e.g. Best of Both, 50/50) - Wholemeal - Other flour - please describe: [50 character free text field] - Seeded (inside and/or on top)

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
101230	BREAD Naan bread	[Checkbox] Naan bread	[Select one from] - Half a naan - 1 naan - 2 naan - 3 naan - 4 naan - 5 naan - 6+ naan
101240	BREAD Garlic bread	[Checkbox] Garlic bread	[Select one from] - Half a slice - 1 slice - 2 slices - 3 slices - 4 slices - 5 slices - 6+ slices
101250	BREAD Crackers, crispbread, rice cakes, corn cakes e.g. Ryvita	[Checkbox] Crackers, crispbread, rice cakes, corn cakes e.g. Ryvita	[Select one from] - Half a cracker/crispbread/cake - 1 cracker/crispbread/cake - 2 crackers/crispbread/cakes - 3 crackers/crispbread/cakes - 4 crackers/crispbread/cakes - 5 crackers/crispbread/cakes - 6+ crackers/crispbread/cakes
101260	BREAD Oatcakes	[Checkbox] Oatcakes	[Select one from] - Half an oatcake - 1 oatcake - 2 oatcakes - 3 oatcakes - 4 oatcakes - 5 oatcakes - 6+ oatcakes

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
101270	BREAD Other bread e.g. crumpets, tortilla wraps, breadsticks	[Checkbox] Other bread e.g. crumpets, tortilla wraps, breadsticks	[Select one from] - Half a slice/wrap/stick/item - 1 slice/wrap/stick/item - 2 slices/wraps/sticks/items - 3 slices/wraps/sticks/items - 4 slices/wraps/sticks/items - 5 slices/wraps/sticks/items - 6+ slices/wraps/sticks/items
	BREAD Other bread e.g. crumpets, tortilla wraps, breadsticks	Please briefly describe your other bread:	[50 character free text field]
101300	SPREAD ON BREAD	Did you have any butter or margarine on your bread or crackers? <i>[Previously, you were asked about bread and crackers. We would now like to know how many of them were spread with butter or margarine and which types of butter or margarine were used.]</i> <i>The soft margarine spreads have extra options covering fat content and cholesterol lowering properties. Please tick all options that apply to you.]</i>	[Select one from] - No - Yes <i>[For each of the questions in the BREAD section, if the user has ticked one or more of the different 'spread compatible' types of bread (i.e. not Naan bread or garlic bread), in this section there will be a question on the type of spread used on each of them. As the question also takes into account the user's bread intake, the user will be asked how much of the bread was eaten with spread, with the number of actual slices/rolls, etc eaten as the maximum number available to choose from]</i>
101310	SPREAD ON BREAD Sliced bread	[Checkbox] Sliced bread How many were spread with butter/margarine?	[Select one from] - Half a slice - 1 slice - 2 slices - 3 slices - 4 slices - 5 slices - 6+ slices

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
20098	SPREAD ON BREAD Sliced bread	Spread thickness	<i>[Select all that apply]</i> - Thickly spread - Medium - Thinly spread
101350	SPREAD ON BREAD Sandwich baguette, ciabatta, panini, sub	<i>[Checkbox]</i> Sandwich baguette, ciabatta, panini, sub How many were spread with butter/margarine?	<i>[Select one from]</i> - Half a baguette/ciabatta/panini/sub - 1 baguette/ciabatta/panini/sub - 2 baguettes/ciabatta/panini/subs - 3 baguettes/ciabatta/panini/subs - 4 baguettes/ciabatta/panini/subs - 5 baguettes/ciabatta/panini/subs - 6+ baguettes/ciabatta/panini/subs
20099	SPREAD ON BREAD Sandwich baguette, ciabatta, panini, sub	Spread thickness	<i>[Select all that apply]</i> - Thickly spread - Medium - Thinly spread
101390	SPREAD ON BREAD Large sandwich bap, stotty, pitta bread	<i>[Checkbox]</i> Large sandwich bap, stotty, pitta bread How many were spread with butter/margarine?	<i>[Select one from]</i> - Half a big bap/stotty/pitta - 1 big bap/stotty/pitta - 2 baps/stotties/pittas - 3 baps/stotties/pittas - 4 baps/stotties/pittas - 5 baps/stotties/pittas - 6+ baps/stotties/pittas
20100	SPREAD ON BREAD Large sandwich bap, stotty, pitta bread	Spread thickness	<i>[Select all that apply]</i> - Thickly spread - Medium - Thinly spread
101430	SPREAD ON BREAD Bread roll, small sandwich bap, burger bun, hotdog roll, bagel	<i>[Checkbox]</i> Bread roll, small sandwich bap, burger bun, hotdog roll, bagel How many were spread with butter/margarine?	<i>[Select one from]</i> - Half a roll/bap/bun/bagel - 1 roll/bap/bun/bagel - 2 rolls/baps/buns/bagels - 3 rolls/baps/buns/bagels - 4 rolls/baps/buns/bagels - 5 rolls/baps/buns/bagels - 6+ rolls/baps/buns/bagels

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
20101	SPREAD ON BREAD Bread roll, small sandwich bap, burger bun, hotdog roll, bagel	Spread thickness	<i>[Select all that apply]</i> - Thickly spread - Medium - Thinly spread
101470	SPREAD ON BREAD Crackers, crispbread, rice cakes, corn cakes e.g. Ryvita	<i>[Checkbox]</i> Crackers, crispbread, rice cakes, corn cakes e.g. Ryvita How many were spread with butter/margarine?	<i>[Select one from]</i> - Half a cracker/crispbread/cake - 1 cracker/crispbread/cake - 2 crackers/crispbread/cakes - 3 crackers/crispbread/cakes - 4 crackers/crispbread/cakes - 5 crackers/crispbread/cakes - 6+ crackers/crispbread/cakes
20102	SPREAD ON BREAD Crackers, crispbread, rice cakes, corn cakes e.g. Ryvita	Spread thickness	<i>[Select all that apply]</i> - Thickly spread - Medium - Thinly spread
101510	SPREAD ON BREAD Oatcakes	<i>[Checkbox]</i> Oatcakes How many were spread with butter/margarine?	<i>[Select one from]</i> - Half a oatcake - 1 oatcake - 2 oatcakes - 3 oatcakes - 4 oatcakes - 5 oatcakes - 6+ oatcakes
20103	SPREAD ON BREAD Oatcakes	Spread thickness	<i>[Select all that apply]</i> - Thickly spread - Medium - Thinly spread

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
101550	SPREAD ON BREAD Other bread	[Checkbox] Other bread How many were spread with butter/margarine?	[Select one from] - Half a slice/wrap/stick/item - 1 slice/wrap/stick/item - 2 slices/wraps/sticks/items - 3 slices/wraps/sticks/items - 4 slices/wraps/sticks/items - 5 slices/wraps/sticks/items - 6+ slices/wraps/sticks/items
20104	SPREAD ON BREAD Other bread	Spread thickness	[Select all that apply] - Thickly spread - Medium - Thinly spread
	SPREAD ON BREAD Butter/margarine	Which butter/margarine did you use? <i>Please tick all that apply.</i>	
20087	SPREAD ON BREAD Butter/margarine	[Checkbox] Butter	[Select all that apply] - Spreadable - Low fat - Normal fat - Don't know
20087	SPREAD ON BREAD Butter/margarine	[Checkbox] Olive based spread e.g. Bertolli	[Select all that apply] - Very low fat - Low fat - Normal fat - Cholesterol lowering (e.g. Benecol, Flora ProActiv) - Don't know
20087	SPREAD ON BREAD Butter/margarine	[Checkbox] Polyunsaturated margarine e.g. Flora	[Select all that apply] - Very low fat - Low fat - Normal fat - Cholesterol lowering (e.g. Benecol, Flora ProActiv) - Don't know

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
20087	SPREAD ON BREAD Butter/margarine	[Checkbox] Dairy spread e.g. Clover	[Select all that apply] - Very low fat - Low fat - Normal fat - Cholesterol lowering (e.g. Benecol, Flora ProActiv) - Don't know
20087	SPREAD ON BREAD Butter/margarine	[Checkbox] Soya margarine, vegan margarine or other milk free margarine e.g. Pure	[Select all that apply] - Very low fat - Low fat - Normal fat - Cholesterol lowering (e.g. Benecol, Flora ProActiv) - Don't know
20087	SPREAD ON BREAD Butter/margarine	[Checkbox] Unknown/other soft margarine	[Select all that apply] - Very low fat - Low fat - Normal fat - Cholesterol lowering (e.g. Benecol, Flora ProActiv) - Don't know
20087	SPREAD ON BREAD Butter/margarine	[Checkbox] Hard margarine (in wrapper, not tub)	
20087	SPREAD ON BREAD Butter/margarine	[Checkbox] Other e.g. ghee, dripping. Please briefly describe your other:	[50 character free text field]

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
	PASTRY AND DOUGH	Did you have any of these yesterday? <i>Fillings and toppings should be recorded later.</i> <i>[Small individual pies and pasties include mince pie, pork pie, Cornish pasty, filo parcels etc.</i> <i>A double crust pie is a pie made with a pastry base and a pastry top.</i> <i>A single crust pie is a pie made with either just the pastry base (such as a flan, quiche, or puff pastry tartlet) or just the pastry top (such as a bake topped with puff pastry).</i> <i>Yorkshire pudding includes individual muffin-sized puddings, plus the large style Yorkshire pudding with or without filling (e.g. toad in the hole).]</i>	
101970	PASTRY AND DOUGH	[Checkbox] Double crust pie e.g. slice of a large pie, a whole small pie or pasty	[Select one from] - Half a slice/item - 1 slice/item - 2 slices/items - 3 slices/items - 4+ slices/items
101980	PASTRY AND DOUGH	[Checkbox] Single crust pie/flan (pastry base or pastry top) e.g. quiche	[Select one from] - Half a slice/item - 1 slice/item - 2 slices/items - 3 slices/items - 4+ slices/items
101990	PASTRY AND DOUGH	[Checkbox] Crumble topping e.g. fruit crumble, vegetable crumble	[Select one from] - Half a serving - 1 serving - 2 servings - 3 servings - 4+ servings

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
102000	PASTRY AND DOUGH	[Checkbox] Pizza	[Select one from] - Half a medium slice - 1 medium slice - 2 medium slices - 3 medium slices - 4+ medium slices
102010	PASTRY AND DOUGH	[Checkbox] Pancake, crêpe	[Select one from] - Half a pancake - 1 pancake - 2 pancakes - 3 pancakes - 4+ pancakes
102020	PASTRY AND DOUGH	[Checkbox] Scotch pancake, blini, American style pancake	[Select one from] - Half a pancake - 1 pancake - 2 pancakes - 3 pancakes - 4+ pancakes
102030	PASTRY AND DOUGH	[Checkbox] Yorkshire pudding	[Select one from] - Half a muffin-size pudding or half a serving - 1 muffin-size pudding or serving - 2 muffin-size puddings or servings - 3 muffin-size puddings or servings - 4+ muffin-size puddings or servings
102040	PASTRY AND DOUGH	[Checkbox] Pakora, onion bhaji, samosa	[Select one from] - Half an item - 1 item - 2 items - 3 items - 4+ items
102050	PASTRY AND DOUGH	[Checkbox] Croissant	[Select one from] - Half a croissant - 1 croissant - 2 croissants - 3 croissants - 4+ croissants

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
102060	PASTRY AND DOUGH	[Checkbox] Danish pastry	[Select one from] - Half a pastry - 1 pastry - 2 pastries - 3 pastries - 4+ pastries
102070	PASTRY AND DOUGH	[Checkbox] Scone, cobbler (plain, fruit, cheese)	[Select one from] - Half a scone - 1 scone - 2 scones - 3 scones - 4+ scones
102250	BISCUITS	Did you eat any biscuits, chocolate or sweets yesterday? <i>Also includes cereal bars, chocolate covered raisins, sweet popcorn and other sweet snacks.</i> <i>[Chocolate bars (about 50g in weight) refer to standard size bars, rather than snack size or jumbo size.</i> <i>If you have had just one or two squares of chocolate, or just one or two sweets, please record this as ¼.</i> <i>Very large cookies count as two biscuits.</i> <i>Fruit, yogurt, ice cream, cake, flapjacks, puddings and desserts are covered elsewhere in the questionnaire.</i> <i>Select which category best describes your type of sweet snack food, otherwise select the Other category.]</i>	[Select one from] - No - Yes
102260	BISCUITS Chocolate and sweets	[Checkbox] Chocolate bars e.g. Crunchie, Snickers	[Select one from] - Quarter of a bar - Half a bar - 1 bar (~50g) - 2 bars - 3 bars - 4 bars - 5+ bars

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
102270	BISCUITS Chocolate and sweets	[Checkbox] White chocolate	[Select one from] - Quarter of a bar - Half a bar - 1 bar (~50g) - 2 bars - 3 bars - 4 bars - 5+ bars
102280	BISCUITS Chocolate and sweets	[Checkbox] Milk chocolate	[Select one from] - Quarter of a bar - Half a bar - 1 bar (~50g) - 2 bars - 3 bars - 4 bars - 5+ bars
102290	BISCUITS Chocolate and sweets	[Checkbox] Plain/dark chocolate	[Select one from] - Quarter of a bar - Half a bar - 1 bar (~50g) - 2 bars - 3 bars - 4 bars - 5+ bars
102300	BISCUITS Chocolate and sweets	[Checkbox] Chocolate/yogurt-covered raisins	[Select one from] - Quarter of a handful - Half a handful - 1 handful - 2 handfuls - 3 handfuls - 4 handfuls - 5+ handfuls

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
102310	BISCUITS Chocolate and sweets	[Checkbox] Chocolate sweets e.g. Roses, Milk Tray	[Select one from] - Quarter of a handful - Half a handful - 1 handful - 2 handfuls - 3 handfuls - 4 handfuls - 5+ handfuls
102320	BISCUITS Chocolate and sweets	[Checkbox] Low sugar / sugar-free sweets (hard and soft)	[Select one from] - Quarter of a handful - Half a handful - 1 handful - 2 handfuls - 3 handfuls - 4 handfuls - 5+ handfuls
102330	BISCUITS Chocolate and sweets	[Checkbox] Sweets (hard and soft) e.g. peppermints, toffees, fudge, fruit flavoured sweets	[Select one from] - Quarter of a handful - Half a handful - 1 handful - 2 handfuls - 3 handfuls - 4 handfuls - 5+ handfuls
102340	BISCUITS Biscuits, cereal bars, other	[Checkbox] Chocolate covered biscuits e.g. Penguin	[Select one from] - Quarter of a biscuit - Half a biscuit - 1 biscuit - 2 biscuits - 3 biscuits - 4 biscuits - 5+ biscuits

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
102350	BISCUITS Biscuits, cereal bars, other	[Checkbox] Chocolate biscuits e.g. choc chip cookies, chocolate digestive biscuits	[Select one from] - Quarter of a biscuit - Half a biscuit - 1 biscuit - 2 biscuits - 3 biscuits - 4 biscuits - 5+ biscuits
102360	BISCUITS Biscuits, cereal bars, other	[Checkbox] Sweet biscuits e.g. digestive, shortbread, ginger nut	[Select one from] - Quarter of a biscuit - Half a biscuit - 1 biscuit - 2 biscuits - 3 biscuits - 4 biscuits - 5+ biscuits
102370	BISCUITS Biscuits, cereal bars, other	[Checkbox] Cereal bars	[Select one from] - Quarter of a bar - Half a bar - 1 bar - 2 bars - 3 bars - 4 bars - 5+ bars
102380	BISCUITS Biscuits, cereal bars, other	[Checkbox] Other sweet snack Fruit, yogurt, ice cream, cake, flapjacks, puddings and desserts are covered elsewhere.	[Select one from] - Quarter of a handful/item - Half a handful/item - 1 handful/item - 2 handfuls/items - 3 handfuls/items - 4 handfuls/items - 5+ handfuls/items
	BISCUITS Biscuits, cereal bars, other	Please briefly describe your other sweet snack:	[50 character free text field]

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
102080 102130	PUDDING	Did you eat any yogurt, ice cream, cakes, puddings or desserts yesterday? <i>Also includes custard, cheesecake, flapjack, rice pudding, sponge pudding etc.</i> <i>[Fruit crumble/fruit pie is a special case and we ask that you record it as a portion of pastry or crumble (earlier page) plus a portion of stewed fruit (later page).</i> <i>Select which category best describes your type of dessert, otherwise select the Other category.]</i>	[Select one from] - No - Yes
102090	PUDDING Yogurt and ice cream	[Checkbox] Yogurt (plain or flavoured)	[Select one from] - Half an individual pot or half a serving - 1 individual pot or serving - 2 individual pots or servings - 3+ individual pots or servings
20106	PUDDING Yogurt and ice cream	Yogurt (plain or flavoured)	[Select all that apply] - Low fat yogurt - Full fat yogurt
102120	PUDDING Yogurt and ice cream	[Checkbox] Ice cream (including individual ice creams such as choc-ice, cornets)	[Select one from] - Half an individual ice cream or half a serving - 1 individual ice cream or serving - 2 individual ice creams or servings - 3+ individual ice creams or servings
102140	PUDDING Cakes, desserts, other	[Checkbox] Custard, rice pudding, semolina pudding, blancmange	[Select one from] - Half an individual pot or half a serving - 1 individual pot or serving - 2 individual pots or servings - 3+ individual pots or servings
102150	PUDDING Cakes, desserts, other	[Checkbox] Other milk-based desserts e.g. mousse, tiramisu, crème caramel	[Select one from] - Half an individual pot or half a serving - 1 individual pot or serving - 2 individual pots or servings - 3+ individual pots or servings
	PUDDING Cakes, desserts, other	Please briefly describe your other milk-based desserts:	[50 character free text field]

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
102170	PUDDING Cakes, desserts, other	[Checkbox] Soya ice cream, soya yogurt, other soya dessert	[Select one from] - Half an individual pot or half a serving - 1 individual pot or serving - 2 individual pots or servings - 3+ individual pots or servings
102180	PUDDING Cakes, desserts, other	[Checkbox] Fruit cake	[Select one from] - Half a slice - 1 slice - 2 slices - 3+ slices
102190	PUDDING Cakes, desserts, other	[Checkbox] Cake, muffin, flapjack, brownie, pecan pie	[Select one from] - Half a slice/item - 1 slice/item - 2 slices/items - 3+ slices/items
102200	PUDDING Cakes, desserts, other	[Checkbox] Doughnuts	[Select one from] - Half a doughnut - 1 doughnut - 2 doughnuts - 3+ doughnuts
102210	PUDDING Cakes, desserts, other	[Checkbox] Sponge pudding	[Select one from] - Half a serving - 1 serving - 2 servings - 3+ servings
102220	PUDDING Cakes, desserts, other	[Checkbox] Cheesecake	[Select one from] - Half a serving - 1 serving - 2 servings - 3+ servings
102230	PUDDING Cakes, desserts, other	[Checkbox] Other dessert	[Select one from] - Half an individual pot or half a serving - 1 individual pot or serving - 2 individual pots or servings - 3+ individual pots or servings

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
	PUDDING Cakes, desserts, other	Please briefly describe your other dessert:	[50 character free text field]
102400	SAVOURY SNACKS	Did you eat any crisps, nuts or savoury snacks yesterday? <i>Also includes seeds and olives.</i> <i>[Select which category best describes your type of savoury snack, otherwise select the Other category.]</i>	[Select one from] - No - Yes
102410	SAVOURY SNACKS	[Checkbox] Peanuts, roasted/salted	[Select one from] - Half a handful - 1 handful - 2 handfuls - 3+ handfuls
102420	SAVOURY SNACKS	[Checkbox] Peanuts, unsalted (monkey nuts)	[Select one from] - Half a handful - 1 handful - 2 handfuls - 3+ handfuls
102430	SAVOURY SNACKS	[Checkbox] Salted/roasted nuts e.g. almonds, cashews, pistachios	[Select one from] - Half a handful - 1 handful - 2 handfuls - 3+ handfuls
102440	SAVOURY SNACKS	[Checkbox] Unsalted nuts e.g. almonds, cashews, walnuts	[Select one from] - Half a handful - 1 handful - 2 handfuls - 3+ handfuls
102450	SAVOURY SNACKS	[Checkbox] Seeds e.g. sunflower, pumpkin, linseeds	[Select one from] - Half a handful - 1 handful - 2 handfuls - 3+ handfuls

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
102460	SAVOURY SNACKS	[Checkbox] Crisps e.g. Walkers, Sensations, Doritos, Hula Hoops	[Select one from] - Half a small bag - 1 small bag - 2 small bags - 3+ small bags
102470	SAVOURY SNACKS	[Checkbox] Savoury crispbread/corn cake snacks e.g. Snack-a-Jack, flavoured Ryvita	[Select one from] - Half a (snack size) bag - 1 (snack size) bag - 2 (snack size) bags - 3+ (snack size) bags
102480	SAVOURY SNACKS	[Checkbox] Cheesy biscuits e.g. Mini Cheddars, Tuc	[Select one from] - Half a handful/bag - 1 handful/bag - 2 handfuls/bags - 3+ handfuls/bags
102490	SAVOURY SNACKS	[Checkbox] Olives	[Select one from] - Half a handful - 1 handful - 2 handfuls - 3+ handfuls
102500	SAVOURY SNACKS	[Checkbox] Other savoury snack	[Select one from] - Half a handful/bag - 1 handful/bag - 2 handfuls/bags - 3+ handfuls/bags
	SAVOURY SNACKS	Please briefly describe your other savoury snack:	[50 character free text field]

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
102520	SOUP	Did you have any soup yesterday? <i>Include cup-a-soup, canned soup, soup in cartons or pouches, soup eaten out and soup made at home.</i> <i>[Soup eaten out will likely be either canned soup or homemade soup. For example:</i> <i>• if the soup being served in a café has a brand name such as Heinz, please choose carton/pouch/canned soup;</i> <i>• if the soup has been freshly prepared in a restaurant, please choose homemade soup;</i> <i>If homemade or carton/pouch/canned soup is recorded, please use the tickboxes to record the main ingredients. Please do not record these ingredients elsewhere. If a suitable tickbox is not available, please use the Other tickbox and enter the ingredient(s) in the box beside it.]</i>	[Select one from] - No - Yes
102530	SOUP	[Checkbox] Dried / powdered soup e.g. Cup-a-Soup	[Select one from] - Half a mug/bowl - 1 mug/bowl - 2 mugs/bowls - 3 mugs/bowls - 4+ mugs/bowls
102540	SOUP	[Checkbox] Carton / pouch / canned soup Soup ingredients should not be recorded elsewhere.	[Select one from] - Half a bowl - 1 bowl - 2 bowls - 3 bowls - 4+ bowls
20108	SOUP	Carton / pouch / canned soup	[Select all that apply] - Pea / bean / lentil - Meat / poultry (e.g. ham, chicken) - Fish / seafood - Vegetables (e.g. potato, tomato) - Pasta (e.g. noodles) - Other - please describe: [50 character free text field]

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
102620	SOUP	[Checkbox] Homemade soup Soup ingredients should not be recorded elsewhere.	[Select one from] - Half a bowl - 1 bowl - 2 bowls - 3 bowls - 4+ bowls
20109	SOUP	Homemade soup	[Select all that apply] - Pea / bean / lentil - Meat / poultry (e.g. ham, chicken) - Fish / seafood - Vegetables (e.g. potato, tomato) - Pasta (e.g. noodles) - Other - please describe: [50 character free text field]
102700	GRAINS	Did you eat any pasta, rice, sushi or couscous yesterday? <i>This includes noodles, lasagne pasta sheets and other cooked grains such as bulgur wheat.</i> <i>[This can accompany a meal, or be a meal in itself. It may be hot or cold.]</i> <i>Please treat coloured pasta (e.g. green) as white pasta.</i> <i>Sushi consists of sushi rice, sometimes with seaweed, with a variety of toppings/fillings made from vegetables, fish and meat. If you record that you have eaten sushi, then you do not need to record the toppings/fillings or seaweed elsewhere.]</i>	[Select one from] - No - Yes
102710	GRAINS	[Checkbox] Pasta, white / noodles	[Select one from] - Half a serving - 1 serving - 2 servings - 3+ servings

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
102720	GRAINS	[Checkbox] Pasta, wholemeal	[Select one from] - Half a serving - 1 serving - 2 servings - 3+ servings
102730	GRAINS	[Checkbox] Rice, white	[Select one from] - Half a serving - 1 serving - 2 servings - 3+ servings
102740	GRAINS	[Checkbox] Rice, brown	[Select one from] - Half a serving - 1 serving - 2 servings - 3+ servings
102750	GRAINS	[Checkbox] Sushi (sushi rice with seaweed, fish, meat and/or veg)	[Select one from] - Half a sushi - 1 sushi - 2 sushi - 3+ sushi
102760	GRAINS	[Checkbox] Snack pot, noodles/rice e.g. Pot Noodle	[Select one from] - Half a pot - 1 pot - 2 pots - 3+ pots
102770	GRAINS	[Checkbox] Couscous	[Select one from] - Half a serving - 1 serving - 2 servings - 3+ servings
102780	GRAINS	[Checkbox] Other cooked grains such as bulgur wheat, millet or pearl barley	[Select one from] - Half a serving - 1 serving - 2 servings - 3+ servings
	GRAINS	Please briefly describe your other cooked grains:	[50 character free text field]

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
102800	CHEESE	Did you eat any cheese yesterday? <i>Cheese in sandwiches, on burgers, on jacket potato, pasta dishes.</i> <i>[Please do not include cheese sauce, as this will be asked later.</i> <i>A guide to servings:</i> • 1 serving of cheese - a chunk about the size of a small matchbox • 1 serving of grated cheese - about a handful or a large spoonful • 1 serving of spreadable cheese - the amount spread onto a typical slice of square sandwich bread.]	[Select one from] - No - Yes
102810	CHEESE	[Checkbox] Low fat hard cheese e.g. Edam, reduced fat Cheddar	[Select one from] - Half a serving - 1 serving - 2 servings - 3+ servings
102820	CHEESE	[Checkbox] Hard cheese e.g. Cheddar, Parmesan	[Select one from] - Half a serving - 1 serving - 2 servings - 3+ servings
102830	CHEESE	[Checkbox] Soft cheese e.g. Brie	[Select one from] - Half a serving - 1 serving - 2 servings - 3+ servings
102840	CHEESE	[Checkbox] Blue cheese e.g. Stilton	[Select one from] - Half a serving - 1 serving - 2 servings - 3+ servings

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
102850	CHEESE	[Checkbox] Low fat spreadable cheese	[Select one from] - Half a serving - 1 serving - 2 servings - 3+ servings
102860	CHEESE	[Checkbox] Spreadable cheese e.g. cream cheese	[Select one from] - Half a serving - 1 serving - 2 servings - 3+ servings
102870	CHEESE	[Checkbox] Cottage cheese	[Select one from] - Half a serving - 1 serving - 2 servings - 3+ servings
102880	CHEESE	[Checkbox] Feta	[Select one from] - Half a serving - 1 serving - 2 servings - 3+ servings
102890	CHEESE	[Checkbox] Mozzarella	[Select one from] - Half a serving - 1 serving - 2 servings - 3+ servings
102900	CHEESE	[Checkbox] Goat's cheese	[Select one from] - Half a serving - 1 serving - 2 servings - 3+ servings
102910	CHEESE	[Checkbox] Other cheese	[Select one from] - Half a serving - 1 serving - 2 servings - 3+ servings
	CHEESE	Please briefly describe your other cheese:	[50 character free text field]

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
102930	EGGS	Did you eat any eggs yesterday? <i>With breakfast, with a salad, with toast, part of a main meal or in sandwiches.</i> <i>[Gala pies (pork pies with egg) should have the boiled egg part recorded as Whole egg in this section, the pastry recorded in the Pies, pastries and pizza section and the pork in the Meat section.</i> <i>Do not count eggs that are cooking ingredients such as those in cakes or homemade burgers.]</i>	[Select one from] - No - Yes
102940	EGGS	[Checkbox] Whole eggs e.g. fried, boiled, poached	[Select one from] - Half an egg - 1 egg - 2 eggs - 3+ eggs
102950	EGGS	[Checkbox] Omelettes or scrambled egg	[Select one from] - Half a serving - 1 serving - 2 servings - 3+ servings
102960	EGGS	[Checkbox] Egg in sandwiches (made with or without mayonnaise)	[Select one from] - Half a serving - 1 serving - 2 servings - 3+ servings
102970	EGGS	[Checkbox] Scotch egg	[Select one from] - Half a Scotch egg - 1 Scotch egg - 2 Scotch eggs - 3+ Scotch eggs
120980	EGGS	[Checkbox] Other egg dishes e.g. quiche filling	[Select one from] - Half a serving - 1 serving - 2 servings - 3+ servings
	EGGS	Please briefly describe your other egg dishes:	[50 character free text field]

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
103000	MEAT	Did you eat any meat or poultry yesterday? <i>Such as in curry, stir-fry, sandwiches, pie fillings, sausages/burgers, liver, pâté or mince.</i> <i>[Select which category best describes your type of meat or poultry, otherwise select the Other category.</i> <i>Game and offal (not liver) should be recorded in the Other category.]</i>	[Select one from] - No - Yes
103010	MEAT	[Checkbox] Sausage	[Select one from] - Half a sausage - 1 sausage - 2 sausages - 3 sausages - 4 sausages - 5+ sausages
103020	MEAT	[Checkbox] Beef e.g. roast, steak, mince, curry, burger	[Select one from] - Half a serving - 1 serving - 2 servings - 3 servings - 4 servings - 5+ servings
103120	MEAT	Beef e.g. roast, steak, mince, curry, burger	[Select one from] - I did not remove the fat from the beef. - I removed all of the fat from the beef. - I removed some of the fat. - I don't know if the fat was removed or not. - No fat to remove.
103030	MEAT	[Checkbox] Pork e.g. roast, chops, sweet and sour	[Select one from] - Half a serving - 1 serving - 2 servings - 3 servings - 4 servings - 5+ servings

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
103120	MEAT	Pork e.g. roast, chops, sweet and sour	<i>[Select one from]</i> - I did not remove the fat from the pork. - I removed all of the fat from the pork. - I removed some of the fat. - I don't know if the fat was removed or not. - No fat to remove.
103040	MEAT	<i>[Checkbox]</i> Lamb or mutton e.g. roast, chops, stew, burger	<i>[Select one from]</i> - Half a serving - 1 serving - 2 servings - 3 servings - 4 servings - 5+ servings
103120	MEAT	Lamb or mutton e.g. roast, chops, stew, burger	<i>[Select one from]</i> - I did not remove the fat from the lamb or mutton. - I removed all of the fat from the lamb or mutton. - I removed some of the fat. - I don't know if the fat was removed or not. - No fat to remove.
103050	MEAT	<i>[Checkbox]</i> Chicken or turkey in breadcrumbs or deep fried e.g. nuggets, KFC	<i>[Select one from]</i> Half a serving - 1 serving - 2 servings - 3 servings - 4 servings - 5+ servings
103130	MEAT	Chicken or turkey in breadcrumbs or deep fried e.g. nuggets, KFC	<i>[Select one from]</i> - I did not remove the skin from the chicken or turkey. - I removed all of the skin from the chicken or turkey. - I removed some of the skin. - I don't know if the skin was removed or not. - No skin to remove.

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
103060	MEAT	[Checkbox] Chicken or turkey e.g. roast, drumsticks, curry	[Select one from] - Half a serving - 1 serving - 2 servings - 3 servings - 4 servings - 5+ servings
103130	MEAT	Chicken or turkey e.g. roast, drumsticks, curry	[Select one from] - I did not remove the skin from the chicken or turkey. - I removed all of the skin from the chicken or turkey. - I removed some of the skin. - I don't know if the skin was removed or not. - No skin to remove
103070	MEAT	[Checkbox] Bacon	[Select one from] - Half a rasher - 1 rasher - 2 rashers - 3 rashers - 4 rashers - 5+ rashers
103120	MEAT	Bacon	[Select one from] - I did not remove the fat from the bacon. - I removed all of the fat from the bacon. - I removed some of the fat. - I don't know if the fat was removed or not. - No fat to remove.
103080	MEAT	[Checkbox] Ham, Parma ham, salami, pastrami, cured meats	[Select one from] - Half a slice - 1 slice - 2 slices - 3 slices - 4 slices - 5+ slices

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
103120	MEAT	Ham, Parma ham, salami, pastrami, cured meats	[Select one from] - I did not remove the fat from the ham, Parma ham, salami, pastrami, cured meats. - I removed all of the fat from the ham, Parma ham, salami, pastrami, cured meats. - I removed some of the fat. - I don't know if the fat was removed or not. - No fat to remove.
103090	MEAT	[Checkbox] Liver or liver pâté	[Select one from] - Half a serving - 1 serving - 2 servings - 3 servings - 4 servings - 5+ servings
103100	MEAT	[Checkbox] Other e.g. duck, goose, kidney	[Select one from] - Half a serving - 1 serving - 2 servings - 3 servings - 4 servings - 5+ servings
	MEAT	Please briefly describe your other:	[50 character free text field]
103140	FISH & SEAFOOD	Did you eat any fish or seafood yesterday? <i>For instance, with breakfast, takeaway with chips, smoked fish, fish pâté, tuna in sandwiches.</i> <i>[Two fish fingers or two fish cakes count as one serving.</i> <i>Any fish or seafood used in sushi does not need to be recorded here. Sushi should have been recorded previously in the pasta and rice section.</i> <i>Select which category best describes the type of fish you ate, otherwise select the Other category.]</i>	[Select one from] - No - Yes

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
103150	FISH & SEAFOOD	[Checkbox] Tinned tuna	[Select one from] - Half a serving - 1 serving - 2 servings - 3 servings - 4+ servings
103160	FISH & SEAFOOD	[Checkbox] Oily fish e.g. salmon, tinned salmon, herring, mackerel, sardines, fresh tuna steak	[Select one from] - Half a serving - 1 serving - 2 servings - 3 servings - 4+ servings
103170	FISH & SEAFOOD	[Checkbox] Breaded fish or fish cakes e.g. fish fingers	[Select one from] - Half a serving - 1 serving - 2 servings - 3 servings - 4+ servings
103180	FISH & SEAFOOD	[Checkbox] Battered fish	[Select one from] - Half a serving - 1 serving - 2 servings - 3 servings - 4+ servings
103190	FISH & SEAFOOD	[Checkbox] White fish e.g. cod, haddock, fish pie	[Select one from] - Half a serving - 1 serving - 2 servings - 3 servings - 4+ servings
103200	FISH & SEAFOOD	[Checkbox] Prawns	[Select one from] - Half a serving - 1 serving - 2 servings - 3 servings - 4+ servings

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
103210	FISH & SEAFOOD	[Checkbox] Lobster or crab	[Select one from] - Half a serving - 1 serving - 2 servings - 3 servings - 4+ servings
103220	FISH & SEAFOOD	[Checkbox] Shellfish e.g. mussels, scallops	[Select one from] - Half a serving - 1 serving - 2 servings - 3 servings - 4+ servings
103230	FISH & SEAFOOD	[Checkbox] Other	[Select one from] - Half a serving - 1 serving - 2 servings - 3 servings - 4+ servings
	FISH & SEAFOOD	Please briefly describe your other:	[50 character free text field]
103250	VEGETARIAN FOODS	Did you eat any vegetarian alternatives to meat yesterday? <i>Such as vegetarian burgers / sausages, nut roast, tofu, soya, Quorn.</i> <i>[TVP means Textured Vegetable Protein.]</i> <i>If you record that you had a nut roast or a lentil roast here, you do not need to record the nuts/vegetables/lentils anywhere else.</i> <i>Select which category best describes your type of vegetarian food, otherwise select the Other category.]</i>	[Select one from] - No - Yes
103260	VEGETARIAN FOODS	[Checkbox] Vegetarian sausage / burger	

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
103270	VEGETARIAN FOODS	[Checkbox] Tofu/tempeh/TVP/soya mince	[Select one from] - Half a sausage/burger - 1 sausage/burger - 2 sausages/burgers - 3 sausages/burgers - 4+ sausages/burgers
103280	VEGETARIAN FOODS	[Checkbox] Quorn	[Select one from] - Half a serving - 1 serving - 2 servings - 3 servings - 4+ servings
103290	VEGETARIAN FOODS	[Checkbox] Other vegetarian alternative e.g. nut roast	[Select one from] - Half a serving - 1 serving - 2 servings - 3 servings - 4+ servings
	VEGETARIAN FOODS	Please briefly describe your other:	[50 character free text field]

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
103310 20088	SPREADS, SAUCES & DIPS	Did you have any spreads, sauces, dips, jams or honey yesterday? <i>Such as Marmite, cream, mayo, hummus, dressings, ketchup, gravy, white sauce, cheese sauce, pasta sauce.</i> <i>[Please do not include mayonnaise/salad cream used in coleslaw, as that will be asked later in the vegetables section.]</i> <i>Please do not include cream cheese, as that was asked about in the cheese section.</i> <i>If you had cream in a cream sauce, please only select White sauce / cream sauce.</i> <i>Select which category best describes your type of spread, sauce or dip, otherwise select the Other category.]</i> [Select all that apply] - Jam, honey or syrup - Cream e.g. single, double, sour, crème fraiche - Peanut butter, chocolate/nut spread e.g. Nutella - Yeast extract e.g. Marmite, Vegemite - Hummus - Guacamole - Chutney / pickle - Tomato ketchup - Brown sauce / BBQ sauce - Low fat mayonnaise / low fat salad cream - Mayonnaise / salad cream - Salad dressing - Oil (for drizzling or dunking) - Pesto - Tomato-based sauce e.g. pasta sauce - Cheese sauce e.g. cauliflower cheese - White sauce / cream sauce e.g. bechamel - Gravy - Other spread, sauce or dip	

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
	SPREADS, SAUCES & DIPS	<i>Please briefly describe your other spread, sauce or dip:</i>	<i>[50 character free text field]</i>

103990	VEGETABLES	Did you eat any beans, lentils, potatoes or vegetables yesterday? <i>Include fresh, tinned, frozen, dried; chips, salad, coleslaw, baked beans, chickpeas, veg in stews, pies etc.</i> <i>[Please include all vegetables, whether they are eaten by themselves, as an accompaniment or within a particular dish/meal such as a stew or pie.</i> <i>A serving of vegetables would be the typical amount dished up as an accompaniment to a main meal; for example, if you had a roast dinner with meat, potatoes, carrots and peas, most people would have one serving of potatoes, one serving of carrots and one serving of peas.</i> <i>For small amounts of vegetables that are not big enough to be counted individually (e.g. in a stew), please guess the number of servings and record that under Vegetable pieces. A serving is about the amount that would be dished up using a serving spoon (large spoon typically used in canteens or self-service buffets). Example: a beef stew with carrot and parsnip may have enough vegetables in it to count as a half serving of carrots plus a half serving of parsnip (possibly even a whole serving if there are many vegetables in the stew). If not, it may be better to record the vegetables as a half serving of Vegetable pieces.</i> <i>For a selection of vegetables where the precise type may be unknown (for example in a shop bought vegetable pie or a stir-fry cooked by a friend) please guess the total amount and record that under Vegetable pieces.</i> <i>A side serving of salad (e.g. a few lettuce leaves, a couple of slices of tomato, a slice of red onion and a little cucumber) would count as a serving of mixed side salad. A large salad can contain half or whole servings of individual salad vegetables such as lettuce or tomato.</i> <i>Vegetables recorded as Mixed vegetables, Vegetable pieces, Coleslaw or Mixed side salad should not be recorded individually further down the list.</i>	[Select one from] No Yes
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Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
		<i>Olives should have been recorded on an earlier page under 'Savoury Snacks'.</i> <i>Sandwich portion = ½ a serving.</i> <i>If your vegetable is not on the list, please record it under Other located at the bottom of the list.]</i>	
104000	VEGETABLES Beans (not green) & Lentils	[Checkbox] Beans (baked beans)	[Select one from] - Quarter of a serving - Half a serving - 1 serving - 2 servings - 3+ servings
104010	VEGETABLES Beans (not green) & Lentils	[Checkbox] Other beans or lentils e.g. kidney beans, chick peas, butter beans	[Select one from] - Quarter of a serving - Half a serving - 1 serving - 2 servings - 3+ servings
104020	VEGETABLES Potatoes	[Checkbox] Potatoes (fried, chips, wedges, roast)	[Select one from] - Quarter of a serving - Half a serving - 1 serving - 2 servings - 3+ servings
104030	VEGETABLES Potatoes	[Checkbox] Potatoes (baked, boiled)	[Select one from] - Quarter of a serving - Half a serving - 1 serving - 2 servings - 3+ servings
104040	VEGETABLES Potatoes	[Checkbox] Potatoes (baked, boiled)	[Select one from] - Did not add butter or margarine - Added butter or margarine

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
104050	VEGETABLES Potatoes	[Checkbox] Potatoes (mashed)	[Select one from] - Quarter of a serving - Half a serving - 1 serving - 2 servings - 3+ servings
104060	VEGETABLES Vegetables [Mixed]	[Checkbox] Mixed vegetables e.g. frozen mixed veg Vegetables recorded within this group do not need to be recorded individually.	[Select one from] - Quarter of a serving - Half a serving - 1 serving - 2 servings - 3+ servings
104070	VEGETABLES Vegetables [Mixed]	[Checkbox] Vegetable pieces (too small to be counted as individual veg) Vegetables recorded within this group do not need to be recorded individually.	[Select one from] - Quarter of a serving - Half a serving - 1 serving - 2 servings - 3+ servings
104080	VEGETABLES Vegetables [Mixed]	[Checkbox] Coleslaw or other salad vegetables in mayonnaise e.g. Waldorf salad Vegetables recorded within this group do not need to be recorded individually.	[Select one from] - Quarter of a serving - Half a serving - 1 serving - 2 servings - 3+ servings
104090	VEGETABLES Vegetables [Mixed]	[Checkbox] Mixed side salad Vegetables recorded within this group do not need to be recorded individually.	[Select one from] - Quarter of a serving - Half a serving - 1 serving - 2 servings - 3+ servings
104100	VEGETABLES Vegetables [A-Z]	[Checkbox] Avocado	[Select one from] - Quarter of a medium avocado - Half a medium avocado - 1 medium avocado - 2 medium avocados - 3+ medium avocados

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
104110	VEGETABLES Vegetables [A-Z]	[Checkbox] Beans (broad beans)	[Select one from] - Quarter of a serving - Half a serving - 1 serving - 2 servings - 3+ servings
104120	VEGETABLES Vegetables [A-Z]	[Checkbox] Beans (green, French, runner)	[Select one from] - Quarter of a serving - Half a serving - 1 serving - 2 servings - 3+ servings
104130	VEGETABLES Vegetables [A-Z]	[Checkbox] Beetroot	[Select one from] - Quarter of a serving - Half a serving - 1 serving - 2 servings - 3+ servings
104140	VEGETABLES Vegetables [A-Z]	[Checkbox] Broccoli	[Select one from] - Quarter of a serving - Half a serving - 1 serving - 2 servings - 3+ servings
104150	VEGETABLES Vegetables [A-Z]	[Checkbox] Butternut squash	[Select one from] - Quarter of a serving - Half a serving - 1 serving - 2 servings - 3+ servings
104160	VEGETABLES Vegetables [A-Z]	[Checkbox] Cabbage, greens, kale	[Select one from] - Quarter of a serving - Half a serving - 1 serving - 2 servings - 3+ servings

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
104170	VEGETABLES Vegetables [A-Z]	[Checkbox] Carrots (fresh, frozen, raw, cooked)	[Select one from] - Quarter of a serving - Half a serving - 1 serving - 2 servings - 3+ servings
104180	VEGETABLES Vegetables [A-Z]	[Checkbox] Cauliflower	[Select one from] - Quarter of a serving - Half a serving - 1 serving - 2 servings - 3+ servings
104190	VEGETABLES Vegetables [A-Z]	[Checkbox] Celery	[Select one from] - Quarter of a stick - Half a stick - 1 stick - 2 sticks - 3+ sticks
104200	VEGETABLES Vegetables [A-Z]	[Checkbox] Courgette	[Select one from] - Quarter of a serving - Half a serving - 1 serving - 2 servings - 3+ servings
104210	VEGETABLES Vegetables [A-Z]	[Checkbox] Cucumber	[Select one from] - Quarter of an inch - Half an inch - 1 inch (2.5cm) - 2 inches - 3+ inches
104220	VEGETABLES Vegetables [A-Z]	[Checkbox] Garlic	[Select one from] - Quarter of a clove - Half a clove - 1 clove - 2 cloves - 3+ cloves

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
104230	VEGETABLES Vegetables [A-Z]	[Checkbox] Leeks	[Select one from] - Quarter of a serving - Half a serving - 1 serving - 2 servings - 3+ servings
104240	VEGETABLES Vegetables [A-Z]	[Checkbox] Lettuce	[Select one from] - Quarter of a serving - Half a serving - 1 serving - 2 servings - 3+ servings
104250	VEGETABLES Vegetables [A-Z]	[Checkbox] Mushrooms	[Select one from] - Quarter of a serving - Half a serving - 1 serving - 2 servings - 3+ servings
104260	VEGETABLES Vegetables [A-Z]	[Checkbox] Onion (red, white, pickled, shallots, spring)	[Select one from] - Quarter of a serving - Half a serving - 1 serving - 2 servings - 3+ servings
104270	VEGETABLES Vegetables [A-Z]	[Checkbox] Parsnip	[Select one from] - Quarter of a serving - Half a serving - 1 serving - 2 servings - 3+ servings
104280	VEGETABLES Vegetables [A-Z]	[Checkbox] Peas (frozen, fresh, tinned)	[Select one from] - Quarter of a serving - Half a serving - 1 serving - 2 servings - 3+ servings

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
104290	VEGETABLES Vegetables [A-Z]	[Checkbox] Peppers (sweet)	[Select one from] - Quarter of a (whole) pepper - Half a (whole) pepper - 1 (whole) pepper - 2 (whole) peppers - 3+ (whole) peppers
104300	VEGETABLES Vegetables [A-Z]	[Checkbox] Spinach	[Select one from] - Quarter of a serving - Half a serving - 1 serving - 2 servings - 3+ servings
104310	VEGETABLES Vegetables [A-Z]	[Checkbox] Sprouts	[Select one from] - Quarter of a serving - Half a serving - 1 serving - 2 servings - 3+ servings
104320	VEGETABLES Vegetables [A-Z]	[Checkbox] Sweetcorn (tinned or frozen, or corn on the cob)	[Select one from] - Quarter of a serving - Half a serving - 1 serving - 2 servings - 3+ servings
104330	VEGETABLES Vegetables [A-Z]	[Checkbox] Sweet potatoes	[Select one from] - Quarter of a serving - Half a serving - 1 serving - 2 servings - 3+ servings
104340	VEGETABLES Vegetables [A-Z]	[Checkbox] Tomatoes, fresh	[Select one from] - Quarter of a medium tomato - Half a medium tomato - 1 medium tomato - 2 medium tomatoes - 3+ medium tomatoes

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
104350	VEGETABLES Vegetables [A-Z]	[Checkbox] Tomatoes, cooked or tinned	[Select one from] - Quarter of a serving - Half a serving - 1 serving - 2 servings - 3+ servings
104360	VEGETABLES Vegetables [A-Z]	[Checkbox] Turnip or swede	[Select one from] - Quarter of a serving - Half a serving - 1 serving - 2 servings - 3+ servings
104370	VEGETABLES Vegetables [A-Z]	[Checkbox] Watercress	[Select one from] - Quarter of a serving - Half a serving - 1 serving - 2 servings - 3+ servings
104380	VEGETABLES Vegetables [A-Z]	[Checkbox] Other vegetables e.g. celeriac, asparagus, fennel, aubergine, pumpkin	[Select one from] - Quarter of a serving - Half a serving - 1 serving - 2 servings - 3+ servings
	VEGETABLES Vegetables [A-Z]	Please briefly describe your other vegetables:	[50 character free text field]

104400	FRUIT	Did you eat any fruit yesterday? <i>Include fresh, frozen, dried, canned or cooked.</i> <i>[Please include all fruit, whether eaten by itself or as part of a sweet or savoury dish (e.g. fruit pie or crumble; pork cooked with apple).</i> <i>Fruits recorded under cooked & dried should not be recorded individually further down the list.</i> <i>Small amounts of fruit that are not big enough to be counted individually, or where the precise type may be unknown (e.g. in a mixed fruit salad), please guess the total amount and record that under Mixed fruit.</i> <i>Fruits recorded as Mixed fruit should not be recorded individually further down the list.</i> <i>Fruit used in a smoothie should not be recorded here. The fruit smoothie should have been recorded in the drinks section.</i> <i>All the small berries such as strawberries, raspberries, cranberries, blueberries, blackcurrants etc. are classed together simply as Berries.</i> <i>Small orange-like fruits such as satsuma, clementine and mandarin are classed together under Orange-like small fruits.</i> <i>As canned fruit usually comes in segments or slices, please give your answer in servings rather than as whole fruit.</i> <i>Chocolate covered fruit (e.g. chocolate raisins) and yogurt-covered fruit (e.g. yogurt-coated pineapple) should not be recorded here. Instead, record it under sweet snacks (several pages earlier).</i> <i>Dates should be recorded under dried fruit.</i> <i>Dried fruit that is included with cereals such as Sultana</i>	[Select one from] - No - Yes
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Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
		<i>Bran and Optivita should not be recorded here because it should have been recorded on the cereals page.</i> <i>If your fruit is not on the list, please record it under Other located at the bottom of the list.]</i>	
104410	FRUIT Fruit - cooked & dried	[Checkbox] Stewed / cooked fruit e.g. apple, rhubarb, plums Fruit recorded within this group do not need to be recorded individually.	[Select one from] - Half a serving - 1 serving - 2 servings - 3 servings - 4+ servings
104420	FRUIT Fruit - cooked & dried	[Checkbox] Prunes	[Select one from] - Half a handful - 1 handful - 2 handfuls - 3 handfuls - 4+ handfuls
104430	FRUIT Fruit - cooked & dried	[Checkbox] Other dried fruit e.g. raisins, apple rings, cranberries (not in breakfast cereal) Fruit recorded within this group do not need to be recorded individually.	[Select one from] - Half a handful - 1 handful - 2 handfuls - 3 handfuls - 4+ handfuls
104440	FRUIT Fruit [Mixed] - fresh, frozen, canned	[Checkbox] Mixed fruit Fruit recorded within this group do not need to be recorded individually.	[Select one from] - Half a serving - 1 serving - 2 servings - 3 servings - 4+ servings
104450	FRUIT Fruit [A-Z] - fresh, frozen, canned	[Checkbox] Apple	[Select one from] - Half an apple - 1 apple - 2 apples - 3 apples - 4+ apples

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
104460	FRUIT Fruit [A-Z] - fresh, frozen, canned	[Checkbox] Banana	[Select one from] - Half a banana - 1 banana - 2 bananas - 3 bananas - 4+ bananas
104470	FRUIT Fruit [A-Z] - fresh, frozen, canned	[Checkbox] Berries e.g. raspberries, strawberries, blueberries, blackcurrants	[Select one from] - Half a handful - 1 handful - 2 handfuls - 3 handfuls - 4+ handfuls
104480	FRUIT Fruit [A-Z] - fresh, frozen, canned	[Checkbox] Cherries	[Select one from] - Half a handful - 1 handful - 2 handfuls - 3 handfuls - 4+ handfuls
104490	FRUIT Fruit [A-Z] - fresh, frozen, canned	[Checkbox] Grapefruit	[Select one from] - Half a grapefruit or half a serving - 1 grapefruit or serving - 2 grapefruit or servings - 3 grapefruit or servings - 4+ grapefruit or servings
104500	FRUIT Fruit [A-Z] - fresh, frozen, canned	[Checkbox] Grapes	[Select one from] - Half a handful - 1 handful - 2 handfuls - 3 handfuls - 4+ handfuls
104510	FRUIT Fruit [A-Z] - fresh, frozen, canned	[Checkbox] Mango	[Select one from] - Half a serving - 1 serving - 2 servings - 3 servings - 4+ servings

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
104520	FRUIT Fruit [A-Z] - fresh, frozen, canned	[Checkbox] Melon	[Select one from] - Half a serving - 1 serving - 2 servings - 3 servings - 4+ servings
104530	FRUIT Fruit [A-Z] - fresh, frozen, canned	[Checkbox] Orange	[Select one from] - Half an orange - 1 orange - 2 oranges - 3 oranges - 4+ oranges
104540	FRUIT Fruit [A-Z] - fresh, frozen, canned	[Checkbox] Orange-like small fruits e.g. satsuma, clementine, mandarin	[Select one from] - Half a small citrus fruit or half a serving - 1 small citrus fruit or serving - 2 small citrus fruits or servings - 3 small citrus fruits or servings - 4+ small citrus fruits or servings
104550	FRUIT Fruit [A-Z] - fresh, frozen, canned	[Checkbox] Peach, nectarine	[Select one from] - Half a peach/nectarine or half a serving - 1 peach/nectarine or serving - 2 peaches/nectarines or servings - 3 peaches/nectarines or servings - 4+ peaches/nectarines or servings
104560	FRUIT Fruit [A-Z] - fresh, frozen, canned	[Checkbox] Pear	[Select one from] - Half a pear or half a serving - 1 pear or serving - 2 pears or servings - 3 pears or servings - 4+ pears or servings
104570	FRUIT Fruit [A-Z] - fresh, frozen, canned	[Checkbox] Pineapple	[Select one from] - Half a serving - 1 serving - 2 servings - 3 servings - 4+ servings

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
104580	FRUIT Fruit [A-Z] - fresh, frozen, canned	[Checkbox] Plum	[Select one from] - Half a plum - 1 plum - 2 plums - 3 plums - 4+ plums
104590	FRUIT Fruit [A-Z] - fresh, frozen, canned	[Checkbox] Other fruit e.g. pomegranate, kiwi, papaya	[Select one from] - Half a whole fruit or half a serving - 1 whole fruit or serving - 2 whole fruits or servings - 3 whole fruits or servings - 4+ whole fruits or servings
	FRUIT Fruit [A-Z] - fresh, frozen, canned	Please briefly describe your other fruit:	[50 character free text field]
20089	ABOUT MEALS About your meals yesterday	Which of these types of meal did you have?	[Select all that apply] - Takeaway meal / meal delivered to your home - Restaurant, café, canteen or fast food café meal - Sandwiches bought at a café, canteen, shop or deli - Ready prepared meals e.g. from a supermarket - Meals prepared and cooked at home
104660	ABOUT MEALS About your meals yesterday	Did you add salt to your food? Do not include salt used in cooking.	[Select one from] - No I did not add any salt to my food yesterday - Yes I added salt to my food yesterday

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
	COOKING FATS	Which types of butter, margarine or oil were used in cooking your food yesterday? <i>Remember frying, basting, baking and making sauces, meals out and ready meals.</i> <i>[We are interested in all the types of fats and oils that were eaten yesterday.</i> <i>Most dishes use some cooking oil or fat in their preparation. Please answer yes to every type of fat and oil that you had yesterday. The Don't know option is available for any unknown fats/oils.</i> <i>Example: if you had cooked an evening meal with olive oil and eaten a doughnut purchased at a bakery, you would need to tick Olive Oil (for the meal) and tick Don't know (for the doughnut).</i> <i>Only use the None option at the bottom of the list if you are completely certain you did not have any kind of oil or fat at all (e.g. only had jam on toast and salad).</i> <i>Please do not include butter or margarine eaten on bread or crackers as that was covered earlier.</i> <i>Please do not include salad dressing or oil used for drizzling or dunking, as that was covered earlier.</i> <i>The soft margarine spreads have extra options covering fat content and cholesterol lowering properties. Please tick all options that apply to you.</i> <i>Please record ghee in the Other cooking fat category.]</i>	
20090		[Checkbox] Don't know e.g. hot food from a canteen or a ready meal	
20090		[Checkbox] Olive oil	
20090		[Checkbox] Sunflower oil	
20090		[Checkbox] Vegetable oil	
20090		[Checkbox] Rapeseed oil	

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
20090		[Checkbox] Other cooking oil Please briefly describe your other cooking oil:	[50 character free text field]
20090		[Checkbox] Butter	[Select all that apply] - Spreadable - Low fat - Normal fat - Don't know
20090		[Checkbox] Lard	
20090		[Checkbox] Olive based spread e.g. Bertolli	[Select all that apply] - Very low fat - Low fat - Normal fat - Cholesterol lowering (e.g. Benecol, Flora ProActiv) - Don't know
20090		[Checkbox] Polyunsaturated margarine e.g. Flora	[Select all that apply] - Very low fat - Low fat - Normal fat - Cholesterol lowering (e.g. Benecol, Flora ProActiv) - Don't know
20090		[Checkbox] Dairy spread e.g. Clover	[Select all that apply] - Very low fat - Low fat - Normal fat - Cholesterol lowering (e.g. Benecol, Flora ProActiv) - Don't know
20090		[Checkbox] Soya margarine, vegan margarine or other milk free margarine e.g. Pure	[Select all that apply] - Very low fat - Low fat - Normal fat - Cholesterol lowering (e.g. Benecol, Flora ProActiv) - Don't know

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
20090		[Checkbox] Unknown/other soft margarine	[Select all that apply] - Very low fat - Low fat - Normal fat - Cholesterol lowering (e.g. Benecol, Flora ProActiv) - Don't know
20090		[Checkbox] Hard margarine (in wrapper, not tub)	
20090		[Checkbox] Other type of cooking fat Please briefly describe your other type of cooking fat:	[50 character free text field]
103980		[Checkbox] None - no fats or oils were used in cooking yesterday	
104670	VITAMINS & MINERALS	Did you have any vitamin or mineral supplements yesterday? <i>For instance, Vitamin C, multivitamins, fish oil, calcium supplement.</i> <i>[Select which category best describes your type of vitamin and/or mineral supplement, otherwise select the Other category.</i> <i>Please note: with the exception of the Other category, no further questions are displayed after selecting a supplement.]</i>	[Select one from] - No - Yes
20084	VITAMINS & MINERALS Combined vitamins and/or minerals	[Select all that apply] - Multivitamins - Multivitamins with iron - Multivitamins with calcium - Multivitamins with multiminerals	

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
20084	VITAMINS & MINERALS Single vitamins	<i>[Select all that apply]</i> - Vitamin A - Vitamin B6 - Vitamin B12 - Vitamin C - Vitamin D - Vitamin E - Folic acid	
20084	VITAMINS & MINERALS Single minerals	<i>[Select all that apply]</i> - Calcium - Chromium - Iron - Magnesium - Selenium - Zinc	
20084	VITAMINS & MINERALS Other supplements	<i>[Select all that apply]</i> - Glucosamine/chondroitin - Fish oil - Starflower/evening primrose oil - Other vitamins or minerals	
	ACTIVITY	Finally, we'd like to ask how active you were yesterday.	

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
104900	ACTIVITY	Yesterday, about how long did you spend doing activities that needed vigorous effort, making you breathe hard? <i>For example running, cycling uphill, carrying heavy furniture upstairs, martial arts, competitive sports or intensive exercise (press Show Help for more examples).</i> <i>[Please guess how long you spent in total doing activities requiring vigorous effort yesterday. These types of strenuous activities require a good level of fitness and strength.</i> <i>At work: physically demanding such as carrying heavy objects (e.g. bricks) or carrying moderately heavy objects uphill, up stairs or up ladders, heavy shovelling etc.</i> <i>Running: not slow - 5mph (1 mile in 12 minutes) or faster.</i> <i>Cycling: vigorous effort, reasonably fast or uphill, mountain biking.</i> <i>Sports/exercise: vigorous effort including step aerobics, intensive circuit training, boxing/martial arts, competitively played team games such as football, rock climbing, energetic swimming, energetic ski-ing (racing, cross-country) etc.]</i>	[Select one from] - None - Under 10 minutes - 10 to 30 minutes - 30 minutes to one hour - 1 to 2 hours - 2 to 4 hours - 4 to 6 hours - 6 or more hours

104910	ACTIVITY	Yesterday, about how long did you spend doing activities that needed moderate effort, making you somewhat short of breath? <i>For example walking upstairs, going to the gym, jogging, energetic dancing, aerobics, most sports, using heavy power tools and other physically demanding DIY & gardening (press Show help for more examples).</i> <i>[Please guess how long you spent in total doing medium effort activities yesterday. How tired you feel from these types of activities will depend on your individual level of fitness (so a fitter person will not need to breathe as hard as a less fit person does).</i> <i>At work: carrying moderately heavy objects, pushing a wheelchair, using heavy power tools, active farm work, taking care of farm animals, coal mining, teaching sports etc.</i> <i>Walking: very brisk walking or walking uphill, walking upstairs, backpacking, marching, power walking, using crutches etc.</i> <i>Jogging: this is defined as running at a gentle pace.</i> <i>Dancing: fast or energetic dancing (not slow ballroom dancing).</i> <i>Cycling: for travelling to work or leisure (not racing or uphill) cycling, also includes unicycling.</i> <i>Sports/exercise: push-ups, weight-lifting, working out in a gym, aerobics, team sports (not competitively played) such as football, golf, horse riding, tennis, track & field, gentle swimming, ski-ing, ice-skating etc.</i> <i>Gardening: includes energetic tasks such as digging, light to moderate shovelling, mowing the lawn, using heavy power tools, chopping wood etc.</i> <i>DIY/home improvement: includes fairly demanding tasks</i>	[Select one from] - None - Under 10 minutes - 10 to 30 minutes - 30 minutes to one hour - 1 to 2 hours - 2 to 4 hours - 4 to 6 hours - 6 or more hours
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Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
		<i>such as building a fence, sawing hardwood, cleaning gutters, using heavy power tools, sanding floors etc.]</i>	

104920	ACTIVITY	Yesterday, about how long did you spend doing activities that needed some light effort, involving movement but not making you short of breath? <i>For example shopping, cooking, housework, playing darts/pool/bowls, walking, light exercise like stretching, gentle dancing, caring for people/animals, decorating, light gardening, playing musical instruments (press Show Help for more examples).</i> <i>[Please guess how long you spent in total doing activities requiring relatively little physical effort yesterday. These types of activities should not get you out of breath (or only a little out of breath) but can make you tired if carried out for a long time.</i> <i>Walking: should not get you out of breath, includes walking whilst carrying a child or pushing a buggy, walking about the home, walking about the office, walking for pleasure etc.</i> <i>At work: light carpentry, making beds, cleaning, electrical work, plumbing, painting/decorating, light farming tasks such as harvesting, rounding up cattle/animals, locksmith, machine/equipment operator, assembling/repairing, directing traffic, teaching yoga, bartending, nursing, tailoring, theatre work (acting, working backstage) etc.</i> <i>Housework: includes both light and heavy housework such as cleaning, scrubbing, washing, hanging the washing to dry, vacuuming, ironing, cooking, feeding pets, putting away the shopping, making beds etc.</i> <i>Shopping: food and non-food shopping.</i> <i>Playing musical instruments: playing instruments whilst seated or standing (i.e. not in a marching band). Also includes conducting.</i> <i>Caring: children, sick, elderly, animals.</i> <i>Gardening: watering the plants/lawn, weeding, using a ride-on lawn mower, picking fruit/flowers etc.</i>	[Select one from] - None - Under 10 minutes - 10 to 30 minutes - 30 minutes to one hour - 1 to 2 hours - 2 to 4 hours - 4 to 6 hours - 6 or more hours
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Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
		<i>DIY/home improvement: general carpentry, decorating (painting, putting up wallpaper, plastering, scraping), car repairs, wiring, plumbing etc.</i> <i>Games: darts, snooker/pool, bowling, bowls, croquet, frisbee (gentle/moderate), playing catch, mini golf etc.</i> <i>Dancing: slow dancing that does not get you out of breath.</i> <i>Sports/exercise: activities that should not get you out of breath such as stretching, hatha yoga, horse riding (at walking pace), sailing (not competitive), using power boats etc.]</i>	
	SUMMARY Please look over the summary below. When you are ready, please press the confirm button at the bottom of the page to finish the questionnaire. <i>[A table is shown listing the user's responses to each question they answered in the questionnaire. EDIT... is show next to each line. If EDIT is clicked on, this takes the user back to the selected question, to make any necessary amendments]</i> If you would like to change anything or add anything, please move back to the relevant page by either clicking on a link in the summary or selecting an option in the box below and pressing <i>Find</i>: <i>[A scrollable list of all the sections] [Find button]</i> <i>[If the user highlights a line in the list and clicks on the Find button they are taken to the relevant section.]</i> If you can't find a fairly close match to the item you have eaten, you may type it into the <i>Extras</i> box below: Extras: <i>[free text field 1700 characters]</i> Back without saving Confirm <i>[When the user clicks on Confirm, they are taken to a final page]</i>		

Field ID	SECTION and Sub-section	Question text <i>[Help text]</i>	Response text
	THANK YOU The questionnaire is now finished.		