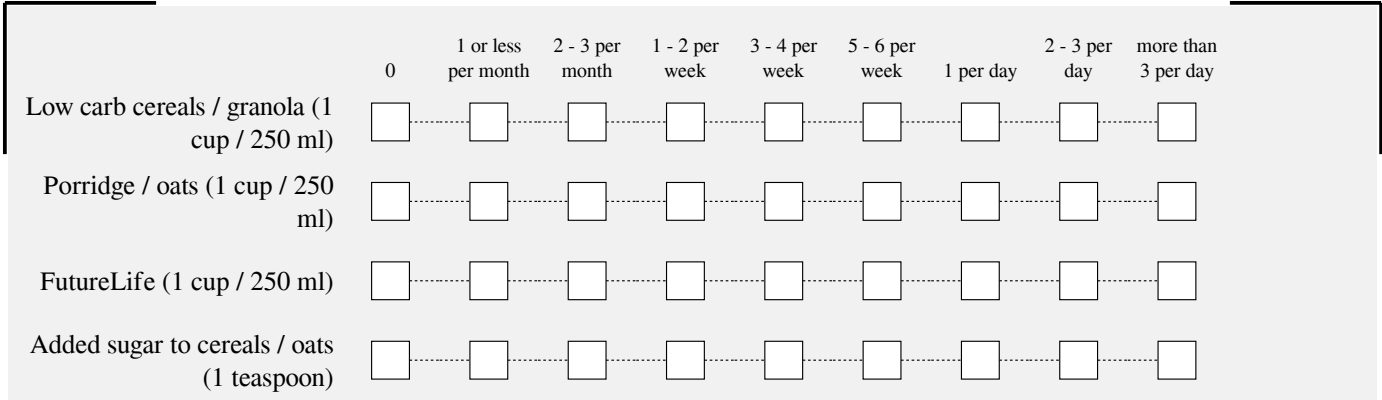




You are answering how often you have eaten the portion size (in brackets) of a food in past 6 months.

An answer is required for each item.

[illegible]

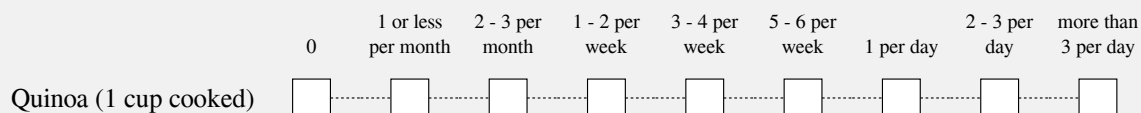
[illegible]

e.g. You eat 7 portion of chocolate but only on the weekend: select 1 per day.

[illegible][illegible]

e.g. You eat 7 portion of chocolate but only on the weekend: select 1 per day.

[illegible]



Remember to select the average of how often you have eaten the portion of the food in brackets over the past 6 months.

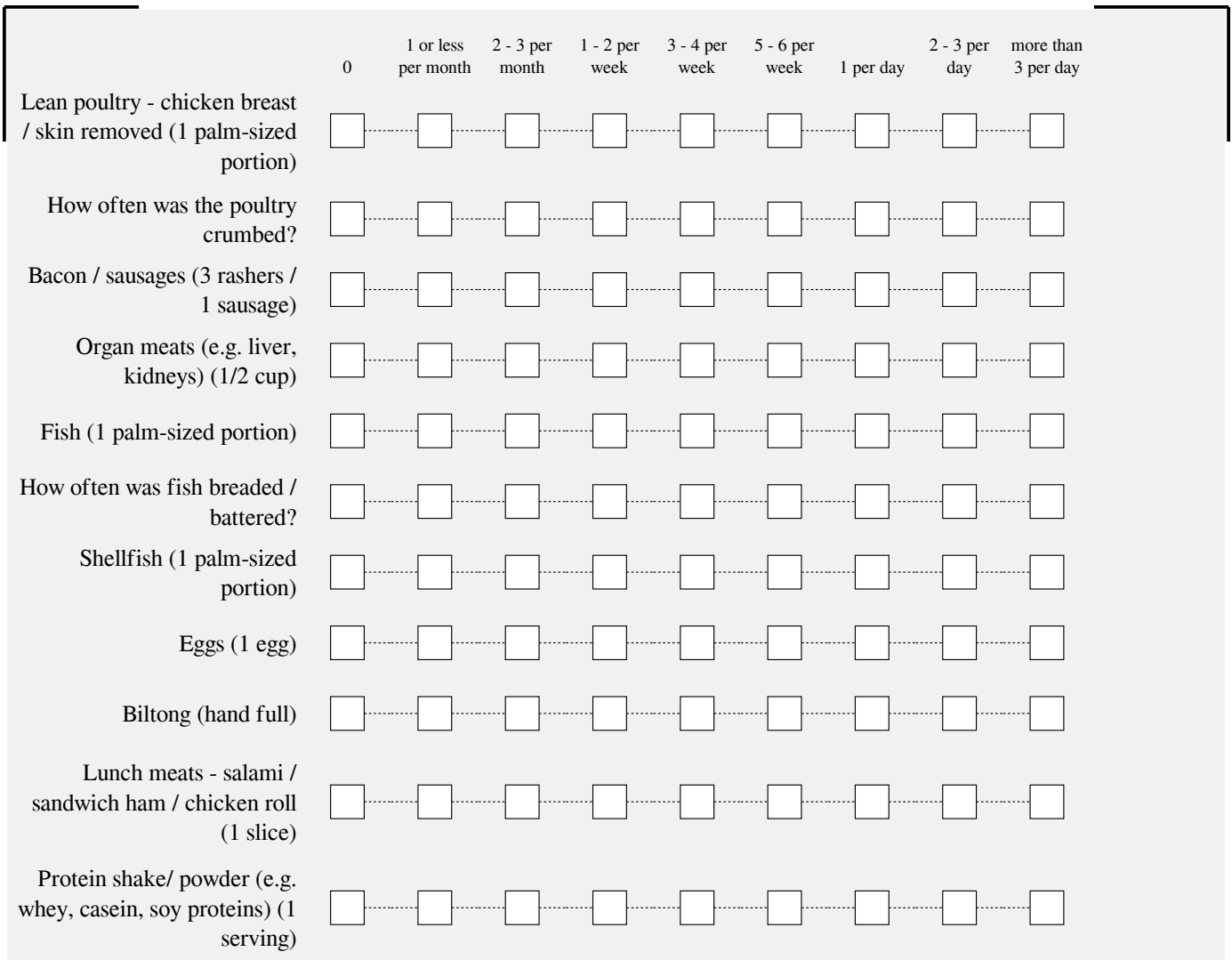
e.g. You eat 7 portion of chocolate but only on the weekend: select 1 per day.

[illegible]

Remember to select the average of how often you have eaten the portion of the food in brackets over the past 6 months.

e.g. You eat 7 portion of chocolate but only on the weekend: select 1 per day.

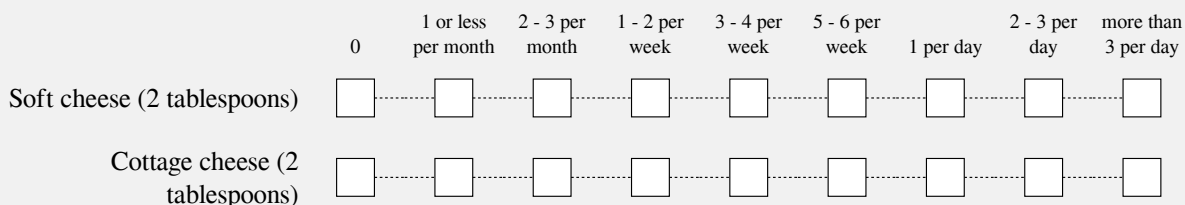
[illegible]



Remember to select the average of how often you have eaten the portion of the food in brackets over the past 6 months.

e.g. You eat 7 portion of chocolate but only on the weekend: select 1 per day.

[illegible]



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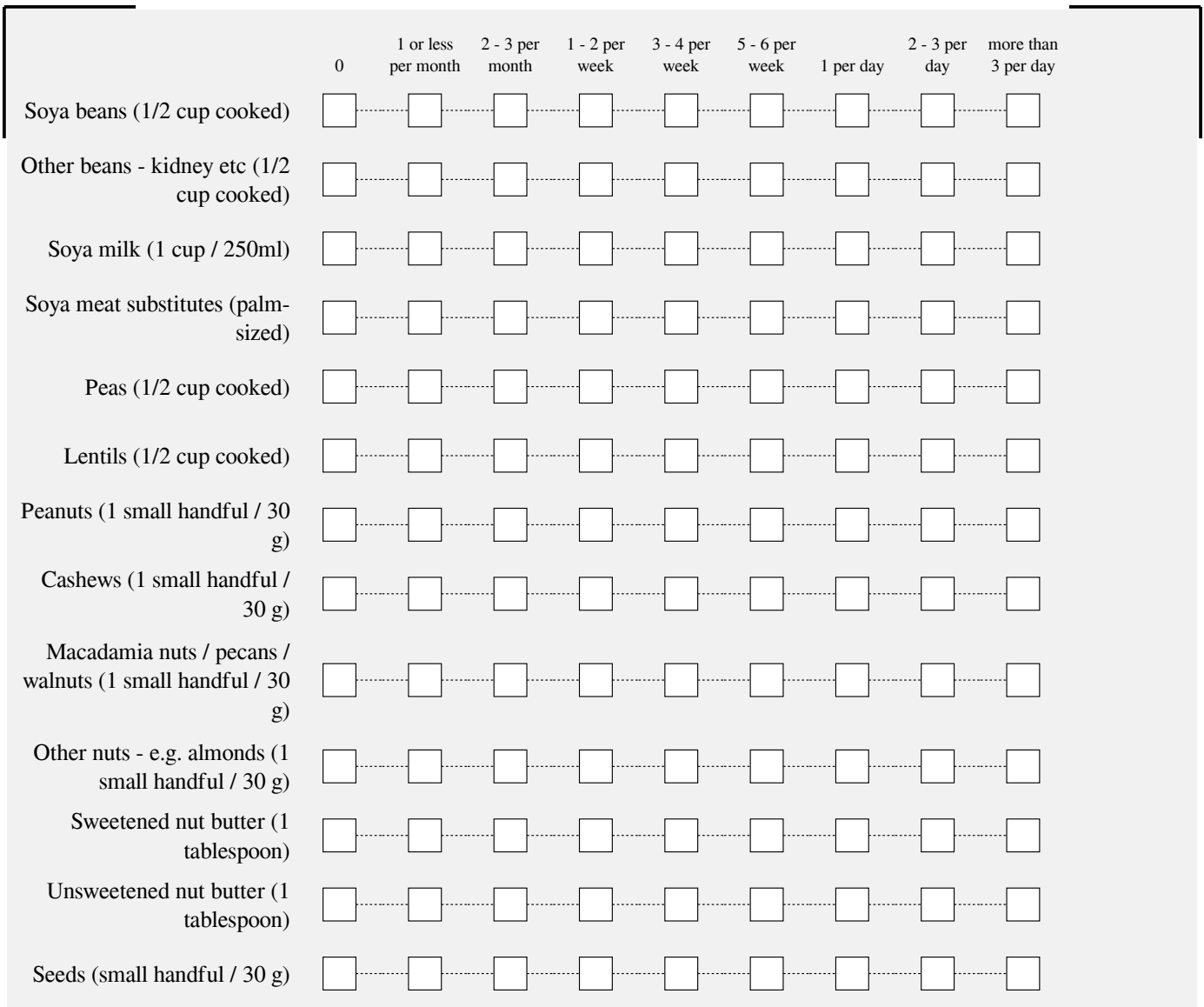
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[illegible]

Remember to select the average of how often you have eaten the portion of the food in brackets over the past 6 months.

e.g. You eat 7 portion of chocolate but only on the weekend: select 1 per day.

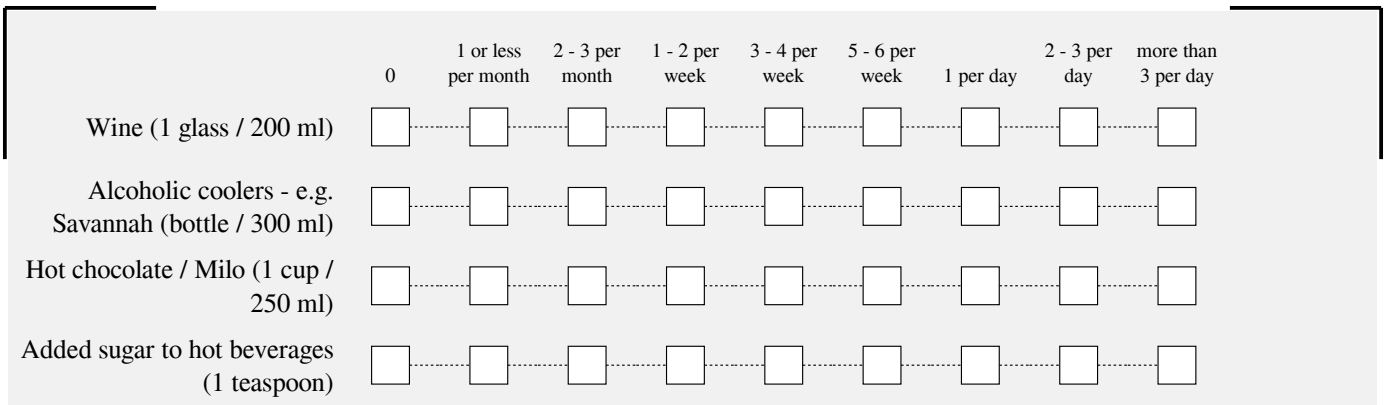
[illegible]



Remember to select the average of how often you have eaten the portion of the food in brackets over the past 6 months.

e.g. You eat 7 portion of chocolate but only on the weekend: select 1 per day.

[illegible]



A10. How often have you eaten the following foods on average in the past 6 months?

Remember to select the average of how often you have eaten the portion of the food in brackets over the past 6 months.

e.g. You eat 7 portion of chocolate but only on the weekend: select 1 per day.

A11. How often have you eaten the following foods on average in the past 6 months?

Remember to select the average of how often you have eaten the portion of the food in brackets over the past 6 months.

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Remember to select the average of how often you have eaten the portion of the food in brackets over the past 6 months.

e.g. You eat 7 portion of chocolate but only on the weekend: select 1 per day.

[illegible]



	0	1 or less per month	2 - 3 per month	1 - 2 per week	3 - 4 per week	5 - 6 per week	1 per day	2 - 3 per day	more than 3 per day
Milk chocolate (1/2 slab / 1 individual-sized bar / 40 - 50 g)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dark chocolate (1/2 slab / 40 - 50 g)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Honey / syrup (1 teaspoon)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sweeteners (1 teaspoon)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Thank you for completing the questionnaire. You may close this window.