

You will be presented with a list of foods and asked to select how often you hav
eaten those foods on average during the past 6 months.

NOTE:
You are answering how often you have eaten the <u>portion size (in brackets)</u> of a food in past 6 months.
You are answering how often you have eaten that portion size <u>on average</u> . For example: if you eat a portion 7 times a week, that works out at 1 portion per day on average (even if you ate all 7 portions on the same day).
An answer is required for each item.
Be sure to include the foods that you have eaten during training and competition.
Section A: Food
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.
Regular breakfast cereals / granola e.g. All Bran (1 cup / 250 ml)



	1 or less 2 - 3 per 1 - 2 per 3 - 4 per 5 - 6 per 2 - 3 per more than 0 per month month week week week 1 per day day 3 per day
Low carb cereals / granola (1 cup / 250 ml)	
Porridge / oats (1 cup / 250 ml)	
FutureLife (1 cup / 250 ml)	
Added sugar to cereals / oats (1 teaspoon)	
_	you eaten the following foods on average in the past 6
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White bread (1 slice / half roll)	
Brown bread (1 slice / half roll)	
Whole wheat bread (1 slice / half roll)	
Rye bread (1 slice / half roll)	
Low carb bread (1 slice / half roll)	
Regular crackers / savoury biscuits (3 crackers)	
Seed crackers (3 crackers)	
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	o select the tiverage by their open was their titles the parisar by the paris to observe one past o months.
	Very 7 - wife of the colors but only on the weekends colors I now day
	e.g. You eat 7 portion of chocolate but only on the weekend: select 1 per day.
	1 or less 2 - 3 per 1 - 2 per 3 - 4 per 5 - 6 per 2 - 3 per more than 0 per month month week week week 1 per day day 3 per day
Pasta / noodles (1 cup cooked)	
Rice (1 cup cooked)	
Pap / mieliepap (1 cup cooked)	
Heba pap (1 cup cooked)	
Millet (1 cup cooked)	
Cous cous (1 cup cooked)	



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Quinoa (1 cup cooked)	
A4. How often have y months?	you eaten the following foods on average in the past 6
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2	1 or less 2 - 3 per 1 - 2 per 3 - 4 per 5 - 6 per 2 - 3 per more than 0 per month month week week week 1 per day day 3 per day
Potatoes (1 medium or 1/2 cup cooked)	
Starchy veg - sweet potato / butternut / carrots / corn (1/2 cup cooked)	
Non-starchy veg - broccoli / spinach / cabbage / salad greens etc. (1/2 cup cooked or 1 cup raw)	
Olives (small hand full: 10 small / 5 large)	
Avocado (1/2 fruit)	
Banana / grapes (1 small banana / 12 grapes)	
Berries (1 cup)	
Fresh fruit excluding the above - e.g. apples etc (1 tennis ball sized / 2 golf ball sized fruit)	
Dried fruit (3 pieces)	
Jam (1 tablespoon)	
A5. How often have y months?	you eaten the following foods on average in the past 6
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Fatty red meat - beef / lamb / pork etc (1 palm-sized	0 per month month week week 1 per day day 3 per day
portion) Lean red meat - trimmed of	
fat (1 palm-sized portion)	
Fatty poultry - with skin (1 palm-sized portion)	



	1 or less 0 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
Lean poultry - chicken breast / skin removed (1 palm-sized portion)								
How often was the poultry crumbed?								
Bacon / sausages (3 rashers / 1 sausage)								
Organ meats (e.g. liver, kidneys) (1/2 cup)								
Fish (1 palm-sized portion)								
How often was fish breaded / battered?								
Shellfish (1 palm-sized portion)								
Eggs (1 egg)								
Biltong (hand full)								
Lunch meats - salami / sandwich ham / chicken roll (1 slice)								
Protein shake/ powder (e.g. whey, casein, soy proteins) (1 serving)								
A6. How often have months?						_		
Kemember 1	o select the <u>average of</u>	<u>now often y</u>	<u>ou nave eau</u>	en the portio	n of the foo	<u>od</u> in bracket.	s over the p	ast 6 months.
		e.g.	You eat 7 po		ocolate but o	only on the w	eekend: sel	ect 1 per day.
	1 or less 0 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
Full cream milk - including in tea / coffee (1 cup / 250 ml)								
Low fat milk - including in tea / coffee (1 cup / 250 ml)								
Fat free milk - including in tea / coffee (1 cup / 250 ml)								
Cream / sour cream (1 tablespoon)								
Full fat unsweetened yoghurt (1 cup / 250 ml)								
Fat free / low fat plain yoghurt (1 cup / 250 ml)								
Flavoured / sweetened low fat yoghurt (1 cup / 250 ml)								
Hard cheese (1 matchbox sized portion)								



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Soft cheese (2 tablespoons)					
Cottage cheese (2 tablespoons)					
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Butter (1 tablespoon)					
Margarine (1 tablespoon)					
Ghee (1 tablespoon)					
Lard (1 tablespoon)					
Medium Chain Triglyceride (MCT) oil (1 tablespoon)					
Coconut oil (1 tablespoon)					
Coconut milk / cream (1/4 tin or 5 tablespoons)					
Coconut flakes / desiccated coconut (1 small hand full)					
Olive oil (1 tablespoon)					
Sunflower oil (1 tablespoon)					
Canola oil (1 tablespoon)					
Other oil (1 tablespoon)					
Salad dressing (1 tablespoon)					
Mayonnaise (1 tablespoon)					
A8. 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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Baked beans (1/2 cup)	0 per month month week week week 1 per day day 3 per day				



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Soya beans (1/2 cup cooked)								
Other beans - kidney etc (1/2 cup cooked)								
Soya milk (1 cup / 250ml)								
Soya meat substitutes (palm-sized)								
Peas (1/2 cup cooked)								
Lentils (1/2 cup cooked)								
Peanuts (1 small handful / 30 g)								
Cashews (1 small handful / 30 g)								
Macadamia nuts / pecans / walnuts (1 small handful / 30 g)	<u> </u>							
Other nuts - e.g. almonds (1 small handful / 30 g)								
Sweetened nut butter (1 tablespoon)								
Unsweetened nut butter (1 tablespoon)								
Seeds (small handful / 30 g)								
A9. 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.								
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Fruit juice (1 glass / 300 ml)								
Regular soft drink (1 can / 340 ml)								
Diet soft drink (1 can / 340 ml)								
Energy drink (1 can / 375 ml)								
Sports energy drink (1 bottle / 500 ml)								
Regular beer (1 can / 340 ml)								
Lite beer (1 can / 340 ml)								



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Wine (1 glass / 200 ml)	
Alcoholic coolers - e.g. Savannah (bottle / 300 ml)	
Hot chocolate / Milo (1 cup / 250 ml)	
Added sugar to hot beverages (1 teaspoon)	
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Regular pizza (1 medium 30 cm pizza)	
Low carb pizza (1 medium 30 cm pizza)	
Burger (1 medium)	
French fries (1 cup / 250 ml)	
Pies (1 pie)	
Sauces e.g. tomato, BBQ (1 tablespoon)	
A11. How often have months?	you eaten the following foods on average in the past 6
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Dessert - e.g. ice cream /	0 per month month week week 1 per day day 3 per day
pudding (1/2 cup)	
Pastries / croissants etc. (1 item)	
Slice of cake / muffin / brownie / waffle (1 item)	
Sweet biscuits (1 biscuit)	
Rusks (1 rusk)	
Sweets (1 packet / 50g)	
Crisps (1 small packet)	

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	1 or less 2 - 3 pe 0 per month month		5 - 6 per 2 - 3 per more t week 1 per day day 3 per d	
Milk chocolate (1/2 slab / 1 individual-sized bar / 40 - 50 g)				
Dark chocolate (1/2 slab / 40 - 50 g)]
Honey / syrup (1 teaspoon)				
Sweeteners (1 teaspoon)				
Thank you for	completing the c	questionnaire.	You may close this wi	ndow.