## ||||||||||||||||||||||||||

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

## NOTE:

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

You are answering how of ten you have eaten that portion size on average. 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

A1. 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.



## A2. 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.


## A3. 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.


|  | 1 or less <br> per month | $2-3$ per <br> month | $1-2$ per <br> week | $3-4$ per <br> week | $5-6$ per <br> week | $2-3$ per day <br> day | more than <br> 3 per day |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Quinoa (1 cup cooked) |  |  |  |  |  |  |  |

## A4. 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.


Fresh fruit excluding the above - e.g. apples etc (1 tennis ball sized / 2 golf ball


A5. 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.



## A6. 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.



A7. 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.


## 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.

|  | 0 | 1 or less per mont | $\begin{gathered} 2-3 \text { per } \\ \text { month } \end{gathered}$ | $1-2 \text { per }$ week | $\begin{aligned} & 3-4 \text { per } \\ & \text { week } \end{aligned}$ | $\begin{aligned} & 5-6 \text { per } \\ & \text { week } \end{aligned}$ | 1 per day | $\begin{gathered} 2-3 \text { per } \\ \text { day } \end{gathered}$ | more than 3 per day |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Baked beans (1/2 cup) |  |  |  |  |  |  |  |  |  |



## 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.



## 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.


## 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.

|  | 0 | 1 or less per month | $\begin{gathered} 2-3 \text { per } \\ \text { month } \end{gathered}$ | $\begin{aligned} & 1-2 \text { per } \\ & \text { week } \end{aligned}$ | $\begin{aligned} & 3-4 \text { per } \\ & \text { week } \end{aligned}$ | $\begin{aligned} & 5-6 \text { per } \\ & \text { week } \end{aligned}$ | 1 per day | $\begin{gathered} 2-3 \text { per } \\ \text { day } \end{gathered}$ | more than 3 per day |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Dessert - e.g. ice cream / 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) |  |  |  |  |  |  |  |  |  |



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

