

# Appendix 1

## HEALTH 2000 ATTENDANCE

ID: \_\_\_\_\_

Sticker

A1 YOUR NAME: \_\_\_\_\_ A2 BIRTH DATE: \_\_\_\_ / \_\_\_\_ / 19 \_\_\_\_

A3 SEX: \_\_\_\_\_ (M/F) A4 ETHNIC GROUPS: \_\_\_\_\_  
*(Australian, Greek, Italian, Maltese, English, Scottish, Welsh, H-Irish, New Zealander)*

A5 YOUR FIRST NAME: \_\_\_\_\_ A6 OTHER NAME: \_\_\_\_\_

A7 ARRIVAL YEAR: 19 \_\_\_\_ A8 RETURN YEARS: \_\_\_\_\_  
*(Since arriving in Australia, if you have gone overseas, for how long in total have you been outside Australia?)*

A9 MARITAL STATUS: \_\_\_\_\_ (**M**arried / **S**ingle / **D**ivorced / de **F**acto / **W**idow / se**P**arated)

A10 SPOUSE SURNAME: \_\_\_\_\_ A11 BIRTH DATE: \_\_\_\_ / \_\_\_\_ / 19 \_\_\_\_

A12 SPOUSE FIRST NAME: \_\_\_\_\_ A13 OTHER NAME: \_\_\_\_\_

A14 YOUR ADDRESS: \_\_\_\_\_  
\_\_\_\_\_ A15 POSTCODE: \_\_\_\_\_

A16 YOUR HOME PHONE NO: \_\_\_\_\_

A17 YOUR WORK PHONE NO: \_\_\_\_\_ EXT: \_\_\_\_\_

A18 LOCATION: \_\_\_\_\_ (*Coburg / Van*)

A19 ATTENDANCE DATE: \_\_\_\_ / \_\_\_\_ / 19 \_\_\_\_

# Appendix 2

## MELBOURNE COLLABORATIVE COHORT STUDY LIFESTYLE QUESTIONNAIRE

### FIRSTLY SOME QUESTIONS ABOUT YOUR SOCIAL LIFE

1. Including yourself, how many people live in your household?
  - 1
  - 2
  - 3 or 4
  - 5 or more
  
2. Apart from those who live with you, how many relatives do you usually see at least once a month?
  - none
  - 1 or 2
  - 3 or 4
  - 5 to 9
  - 10 or more
  
3. Excluding your relatives, how many friends do you have who you could visit at any time without an invitation?
  - none
  - 1 or 2
  - 3 or 4
  - 5 to 9
  - 10 or more
  
4. How many hours a week, if any, do you spend involved in social activities outside your home or work? (e.g. ethnic clubs, work clubs, church or sporting groups and other community groups or regular social meetings with friends)
  - none
  - 1 or 2
  - 3 or 4
  - 5 to 9
  - 10 or more

### NOW I WOULD LIKE TO ASK YOU SOME QUESTIONS ABOUT YOUR BACKGROUND

5. What is the highest level of education you have completed?
  - never attended school
  - some primary school
  - completed primary school
  - some high / technical school
  - completed high / technical school
  - other qualification (e.g. trade certificate)
  - some study towards a tertiary degree or diploma
  - completed tertiary degree or diploma
  
6. What is/was your usual occupation? \_\_\_\_\_

# Melbourne Collaborative Cohort Study Lifestyle Questionnaire

## NOW I WOULD LIKE TO ASK SOME QUESTIONS ABOUT YOUR FAMILY AND THEIR MEDICAL HISTORY

7. Is your father living?  
 yes     no     don't know
8. How old is/was your father?
9. Is your mother living?  
 yes     no     don't know
10. How old is/was your mother?
11. Have any of these relative had:
- |              | 11.1.Father                      | 11.2.Mother                      | 11.3.Brother                     | 11.4.Sister                      | 11.5.Son                         | 11.6.Daughter                    |
|--------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|
| Heart Attack | 11.1.a. <input type="checkbox"/> | 11.2.a. <input type="checkbox"/> | 11.3.a. <input type="checkbox"/> | 11.4.a. <input type="checkbox"/> | 11.5.a. <input type="checkbox"/> | 11.6.a. <input type="checkbox"/> |
| Cancer       | 11.1.b. <input type="checkbox"/> | 11.2.b. <input type="checkbox"/> | 11.3.b. <input type="checkbox"/> | 11.4.b. <input type="checkbox"/> | 11.5.b. <input type="checkbox"/> | 11.6.b. <input type="checkbox"/> |
| Diabetes     | 11.1.c. <input type="checkbox"/> | 11.2.c. <input type="checkbox"/> | 11.3.c. <input type="checkbox"/> | 11.4.c. <input type="checkbox"/> | 11.5.c. <input type="checkbox"/> | 11.6.c. <input type="checkbox"/> |
| Stroke       | 11.1.d. <input type="checkbox"/> | 11.2.d. <input type="checkbox"/> | 11.3.d. <input type="checkbox"/> | 11.4.d. <input type="checkbox"/> | 11.5.d. <input type="checkbox"/> | 11.6.d. <input type="checkbox"/> |
12. How many brothers do/did you have?  
12 a.  don't know
13. How many sisters do/did you have?  
13 a.  don't know
14. How many children do you have?
15. Are you a twin?  
 yes     no

## NOW SOME QUESTIONS ABOUT YOUR HEALTH

16. What was your weight when you were between 18 and 21 years of age?
17. What is the heaviest weight you have been? (*exclude pregnancy weight*)
18. At what age did you achieve your heaviest weight?
19. Over the last five years has your weight:
- 19.1.  increased by more than 5 kg (11lbs)  
19.2.  decreased by more than 5 kg (11lbs)  
19.3.  stayed much the same  
19.4.  don't know

# Melbourne Collaborative Cohort Study Lifestyle Questionnaire

20. Has a doctor ever told you that you have had:

	Yes	No
20.1.a. Asthma or wheezy breathing	<input type="checkbox"/>	<input type="checkbox"/>
20.1.b. If yes, how old were you? _____		
20.1.c. If yes, do you take medications?	<input type="checkbox"/>	<input type="checkbox"/>
20.2.a. Angina	<input type="checkbox"/>	<input type="checkbox"/>
20.2.b. If yes, how old were you? _____		
20.2.c. If yes, do you take medications?	<input type="checkbox"/>	<input type="checkbox"/>
20.3.a. Hypertension ( <i>high blood pressure</i> )	<input type="checkbox"/>	<input type="checkbox"/>
20.3.b. If yes, how old were you? _____		
20.3.c. If yes, do you take tablets	<input type="checkbox"/>	<input type="checkbox"/>
20.4.a. Diabetes mellitus ( <i>sugar diabetes</i> )	<input type="checkbox"/>	<input type="checkbox"/>
If yes,		
20.4.b. how old were you? _____		
20.4.c. do you take insulin injections?	<input type="checkbox"/>	<input type="checkbox"/>
20.4.d. do you take tablets?	<input type="checkbox"/>	<input type="checkbox"/>
20.5.a. Arthritis or rheumatism	<input type="checkbox"/>	<input type="checkbox"/>
20.5.b. If yes, how old were you? _____		
20.5.c. If yes, do you take aspirin?	<input type="checkbox"/>	<input type="checkbox"/>
20.6.a. Cancer	<input type="checkbox"/>	<input type="checkbox"/>
20.6.b. If yes, how old were you? _____		
20.6.c. If yes, what type of cancer?	<input type="checkbox"/>	<input type="checkbox"/>
20.7.a. Kidney stones	<input type="checkbox"/>	<input type="checkbox"/>
20.7.b. If yes, how old were you? _____		
20.8.a. Gallstones	<input type="checkbox"/>	<input type="checkbox"/>
20.8.b. If yes, have had your gallbladder removed?	<input type="checkbox"/>	<input type="checkbox"/>
20.8.c. If yes, how old were you (when you had your gallbladder removed)? _____		
20.9.a. Heart attack	<input type="checkbox"/>	<input type="checkbox"/>
20.9.b. If yes, how old were you? _____		
20.10.a. Stroke	<input type="checkbox"/>	<input type="checkbox"/>
20.10.b. If yes, how old were you? _____		

**NOW SOME QUESTIONS ABOUT YOUR HABITS THAT MAY AFFECT YOUR HEALTH  
MOST PEOPLE VARY IN THEIR HABITS THROUGH LIFE, I WOULD LIKE TO NOW ASK ABOUT  
YOUR CURRENT HABITS AND THEN GO BACKWARDS IN TIME ASKING YOU ABOUT YOUR  
HABITS AT VARIOUS AGES**

21. Have you ever smoked at least 7 cigarettes a week for at least a year?

yes     no

**If NO, go to Q29**

# Melbourne Collaborative Cohort Study Lifestyle Questionnaire

22. How old were you when you first started smoking at least 7 cigarettes a week?
23. How many cigarettes do/did you smoke a day on average?
24. Do you now smoke at least 7 cigarettes a week?  
 yes     no
25. **If NO**, at what age did you stop smoking at least 7 cigarettes a week?
26. Between the age you started and the age you stopped (*or now for current smokers*) have you not smoked for periods of at least a year?  
 yes     no
27. **If YES**, for how many years altogether did you not smoke during this period?
28. So altogether you have smoked cigarettes for how many years?
29. Have you ever smoked at least seven cigars a week for at least a year?  
 yes     no
30. Have you ever smoked at least seven pipes of tobacco a week for at least a year?  
 yes     no
31. Have you ever drunk at least 12 alcoholic drinks a year? (*sips and tastes don't count*)  
 yes     no

**If NO, go to Q42**

32. How old were you when you first drank at least 12 alcoholic drinks in a year? (*sips and tastes don't count*)
33. Between the ages of **10-14** did you drink:
- |                                     |                              |                             |
|-------------------------------------|------------------------------|-----------------------------|
| 33.1. beer?                         | <input type="checkbox"/> yes | <input type="checkbox"/> no |
| 33.2. wine?                         | <input type="checkbox"/> yes | <input type="checkbox"/> no |
| 33.3. or drinks containing spirits? | <input type="checkbox"/> yes | <input type="checkbox"/> no |

**If NO, to all three, go to Q34**

- 33.1.a How often did you drink beer?  
....  day    week    month    year
- 33.1.b When you drank beer how much did you drink on average?  
.....  glasses    pots    cans    stubbies    bottles
- 33.2.a How often did you drink wine?  
.....  day    week    month    year

# Melbourne Collaborative Cohort Study Lifestyle Questionnaire

33.2.b When you drank wine how much did you drink on average?

.....  glasses  bottles  litres

33.3.a How often did you drink drinks containing spirits?

.....  day  week  month  year

33.3.b When you drank drinks containing spirits, how many did you drink on average?

.....  glasses

33.4 Between the ages of 10-14, what was the most alcoholic drinks that you consumed on any one occasion?

34. Between the ages of **15-19** did you drink:

34.1. beer?  yes  no

34.2. wine?  yes  no

34.3. or drinks containing spirits?  yes  no

***If NO, to all three, go to Q35***

34.1.a How often did you drink beer?

....  day  week  month  year

34.1.b When you drank beer how much did you drink on average?

.....  glasses  pots  cans  stubbies  bottles

34.2.a How often did you drink wine?

.....  day  week  month  year

34.2.b When you drank wine how much did you drink on average?

.....  glasses  bottles  litres

34.3.a How often did you drink drinks containing spirits?

.....  day  week  month  year

34.3.b When you drank drinks containing spirits, how many did you drink on average?

.....  glasses

34.4 Between the ages of 15-19, what was the most alcoholic drinks that you consumed on any one occasion?

.....

# Melbourne Collaborative Cohort Study Lifestyle Questionnaire

35. Between the ages of **20-29** did you drink:

35.1. beer?  yes  no

35.2. wine?  yes  no

35.3. or drinks containing spirits?  yes  no

**If NO, to all three, go to Q36**

35.1.a How often did you drink beer?

....  day  week  month  year

35.1.b When you drank beer how much did you drink on average?

.....  glasses  pots  cans  stubbies  bottles

35.2.a How often did you drink wine?

.....  day  week  month  year

35.2.b When you drank wine how much did you drink on average?

.....  glasses  bottles  litres

35.3.a How often did you drink drinks containing spirits?

.....  day  week  month  year

35.3.b When you drank drinks containing spirits, how many did you drink on average?

.....  glasses

36. Between the ages of **30-39** did you drink:

36.1. beer?  yes  no

36.2. wine?  yes  no

36.3. or drinks containing spirits?  yes  no

**If NO, to all three, go to Q37**

36.1.a How often did you drink beer?

....  day  week  month  year

36.1.b When you drank beer how much did you drink on average?

.....  glasses  pots  cans  stubbies  bottles

36.2.a How often did you drink wine?

.....  day  week  month  year

36.2.b When you drank wine how much did you drink on average?

.....  glasses  bottles  litres

# Melbourne Collaborative Cohort Study Lifestyle Questionnaire

36.3.a How often did you drink drinks containing spirits?

.....  day  week  month  year

36.3.b When you drank drinks containing spirits, how many did you drink on average?

.....  glasses

37. Between the ages of **40-49** did you drink:

37.1. beer?  yes  no

37.2. wine?  yes  no

37.3. or drinks containing spirits?  yes  no

***If NO, to all three, go to Q38***

37.1.a How often did you drink beer?

....  day  week  month  year

37.1.b When you drank beer how much did you drink on average?

.....  glasses  pots  cans  stubbies  bottles

37.2.a How often did you drink wine?

.....  day  week  month  year

37.2.b When you drank wine how much did you drink on average?

.....  glasses  bottles  litres

37.3.a How often did you drink drinks containing spirits?

.....  day  week  month  year

37.3.b When you drank drinks containing spirits, how many did you drink on average?

.....  glasses

38. Between the ages of **50-59** did you drink:

38.1. beer?  yes  no

38.2. wine?  yes  no

38.3. or drinks containing spirits?  yes  no

***If NO, to all three, go to Q39***

38.1.a How often did you drink beer?

....  day  week  month  year

# Melbourne Collaborative Cohort Study Lifestyle Questionnaire

38.1.b When you drank beer how much did you drink on average?

.....  glasses  pots  cans  stubbies  bottles

38.2.a How often did you drink wine?

.....  day  week  month  year

38.2.b When you drank wine how much did you drink on average?

.....  glasses  bottles  litres

38.3.a How often did you drink drinks containing spirits?

.....  day  week  month  year

38.3.b When you drank drinks containing spirits, how many did you drink on average?

.....  glasses

39. Between the ages of **60-69** did you drink:

39.1. beer?  yes  no

39.2. wine?  yes  no

39.3. or drinks containing spirits?  yes  no

***If NO, to all three, go to Q40***

39.1.a How often did you drink beer?

....  day  week  month  year

39.1.b When you drank beer how much did you drink on average?

.....  glasses  pots  cans  stubbies  bottles

39.2.a How often did you drink wine?

.....  day  week  month  year

39.2.b When you drank wine how much did you drink on average?

.....  glasses  bottles  litres

39.3.a How often did you drink drinks containing spirits?

.....  day  week  month  year

39.3.b When you drank drinks containing spirits, how many did you drink on average?

.....  glasses

# Melbourne Collaborative Cohort Study Lifestyle Questionnaire

40. What alcoholic beverages, if any, did you drink on each day during the last week?

		quantity	unit
Monday	beer	40.1.a .....	40.1.b .....
	wine	40.1.c .....	40.1.d .....
	spirit	40.1.e .....	40.1.f .....
Tuesday	beer	40.2.a .....	40.2.b .....
	wine	40.2.c .....	40.2.d .....
	spirit	40.2.e .....	40.2.f .....
Wednesday	beer	40.3.a .....	40.3.b .....
	wine	40.3.c .....	40.3.d .....
	spirit	40.3.e .....	40.3.f .....
Thursday	beer	40.4.a .....	40.4.b .....
	wine	40.4.c .....	40.4.d .....
	spirit	40.4.e .....	40.4.f .....
Friday	beer	40.5.a .....	40.5.b .....
	wine	40.5.c .....	40.5.d .....
	spirit	40.5.e .....	40.5.f .....
Saturday	beer	40.6.a .....	40.6.b .....
	wine	40.6.c .....	40.6.d .....
	spirit	40.6.e .....	40.6.f .....
Sunday	beer	40.7.a .....	40.7.b .....
	wine	40.7.c .....	40.7.d .....
	spirit	40.7.e .....	40.7.f .....

41. Is the amount you drank last week more, less or about the same as you would drink most weeks?

- more    less    same

## NOW WE WOULD LIKE TO ASK YOU SOME QUESTIONS RELATING TO PHYSICAL ACTIVITY

42. On average, (e.g., over the last 6 months) how many times a week do you walk for recreation or exercise?

- none at all..... **Go to Q45**  
 once or twice a week  
 three or more times a week

# Melbourne Collaborative Cohort Study Lifestyle Questionnaire

43. On average, (e.g., over the last 6 months) how many times a week do you exercise vigorously for a period of at least 20 minutes? (*"Vigorously" means making you sweat or feel out of breath, and includes such activities as swimming, tennis, netball, athletics and running.*)
- none at all..... **Go To Q45**
  - once or twice a week
  - three or more times a week
44. If you exercise vigorously "3 or more times a week", for how long have you been doing this level of activity?
- less than 3 months
  - more than 3 months but less than 1 year
  - more than 1 year but less than 5 years
  - 5 years or more
45. On average, (e.g., over the last 6 months) how many times a week do you engage in less vigorous exercise for recreation, sport or health and fitness purposes, which did not make you sweat or feel out of breath (*and includes such activities as bike riding, dancing, etc.*)
- not at all
  - once or twice a week
  - three or more times a week
46. On average, in the course of your tasks at work and around the house, how much time are you involved in moderate to heavy physical exertion (*exertion which made you breathe harder or puff and pant*).
- 46.1. At Work
- 46.1.a. None at all
- 46.1.b. Total time    \_\_\_ hours    \_\_\_ mins    per  day    or  week
- 46.2. At Home
- 46.2.a. None at all
- 46.2.b. Total time    \_\_\_ hours    \_\_\_ mins    per  day    or  week

## FOR WOMEN ONLY

47. How old were you when you had your first menstrual period?
48. Have you ever been pregnant?     yes     no

**If NO, go to Q50**

# Melbourne Collaborative Cohort Study Lifestyle Questionnaire

49. Please give details about all your pregnancies irrespective of outcome (include all miscarriages and terminations)

Year pregnancy	for how many weeks were you pregnant?	live birth Yes/No	Breastfeeding ended (in months)	
			quantity	code (months/years)
49.1.a. _____	49.1.b. _____	49.1.c. _____	49.1.d. _____	49.1.e. _____
49.2.a. _____	49.2.b. _____	49.2.c. _____	49.2.d. _____	49.2.e. _____
49.3.a. _____	49.3.b. _____	49.3.c. _____	49.3.d. _____	49.3.e. _____
49.4.a. _____	49.4.b. _____	49.4.c. _____	49.4.d. _____	49.4.e. _____
49.5.a. _____	49.5.b. _____	49.5.c. _____	49.5.d. _____	49.5.e. _____
49.6.a. _____	49.6.b. _____	49.6.c. _____	49.6.d. _____	49.6.e. _____
49.7.a. _____	49.7.b. _____	49.7.c. _____	49.7.d. _____	49.7.e. _____
49.8.a. _____	49.8.b. _____	49.8.c. _____	49.8.d. _____	49.8.e. _____
49.9.a. _____	49.9.b. _____	49.9.c. _____	49.9.d. _____	49.9.e. _____
49.10.a. _____	49.10.b. _____	49.10.c. _____	49.10.d. _____	49.10.e. _____
49.11.a. _____	49.11.b. _____	49.11.c. _____	49.11.d. _____	49.11.e. _____
49.12.a. _____	49.12.b. _____	49.12.c. _____	49.12.d. _____	49.12.e. _____
49.13.a. _____	49.13.b. _____	49.13.c. _____	49.13.d. _____	49.13.e. _____
49.14.a. _____	49.14.b. _____	49.14.c. _____	49.14.d. _____	49.14.e. _____
49.15.a. _____	49.15.b. _____	49.15.c. _____	49.15.d. _____	49.15.e. _____
49.16.a. _____	49.16.b. _____	49.16.c. _____	49.16.d. _____	49.16.e. _____
49.17.a. _____	49.17.b. _____	49.17.c. _____	49.17.d. _____	49.17.e. _____
49.18.a. _____	49.18.b. _____	49.18.c. _____	49.18.d. _____	49.18.e. _____
49.19.a. _____	49.19.b. _____	49.19.c. _____	49.19.d. _____	49.19.e. _____
49.20.a. _____	49.20.b. _____	49.20.c. _____	49.20.d. _____	49.20.e. _____
49.21.a. _____	49.21.b. _____	49.21.c. _____	49.21.d. _____	49.21.e. _____
49.22.a. _____	49.22.b. _____	49.22.c. _____	49.22.d. _____	49.22.e. _____
49.23.a. _____	49.23.b. _____	49.23.c. _____	49.23.d. _____	49.23.e. _____

50. Have you ever used the contraceptive pill?

- no       yes, in the past       yes, currently

**If NO, go to Q53**

51. How old were you when you first started taking the contraceptive pill?

52. For how long have you used the pill altogether?

\_\_\_\_\_ quantity      Months/Years (circle one)

53. Have you had a menstrual period in the last 12 months?

- yes    no

**\*\*If YES, STOP you have completed the questionnaire \*\***

# Melbourne Collaborative Cohort Study Lifestyle Questionnaire

54. If NO, how old were you when you had your last period?

55. Why have your periods stopped?

- naturally, as part of the change of life
- following a hysterectomy
- for another reason (specify) .....

56. Have you had a hysterectomy?

- yes
- no

**If NO, go to Q59**

57. How old were you when you had your hysterectomy?

58. Were your ovaries removed?

- yes
- no

59. Has a doctor prescribed female hormone medications such as oestrogen replacement pills or injections to reduce the symptoms of the menopause?

- no
- yes, in the past
- yes, currently

**\*\*IF NO, STOP you have completed the questionnaire \*\***

60. How old were you when you first started taking female hormone or oestrogen replacement pills or injections?

61. How old were you when you last stopped taking female hormone or oestrogen replacement pills or injections?

62. When you were last taking female hormone or oestrogen replacement pills or injections do/did you regularly take any other pill for part of each month with them as part of your treatment?

- yes
- no

**If NO, go to Q64**

63. What was the name of the other pill that you take/took while taking female hormone or oestrogen replacement pills or injections?

64. For about how long altogether (have/did) you take(n) female hormone or replacement oestrogen pills or injections?

\_\_\_\_\_ quantity                      Months/Years (circle one)

**QUESTIONS 65 AND 66 WERE IMPLEMENTED AFTER PARTICIPANT #28,686**

65. Are your periods regular?  yes  no

66. What was the first day of your last period?

# Melbourne Collaborative Cohort Study Lifestyle Questionnaire

## QUESTIONS ABOUT FEELINGS (Please fill in only one answer per question)

### THIS SECTION WAS ONLY GIVEN TO ENGLISH SPEAKING PARTICIPANTS

67. Listed below are some of the reactions people have when they feel angry or very annoyed. (Fill in the bubble opposite the phrase that indicates how you generally react)

	ALMOST NEVER	SOME TIMES	OFTEN	ALWAYS
When I feel angry ( <i>very annoyed</i> ):				
67.1 I keep quiet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
67.2 I refuse to argue or say anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
67.3 I bottle it up	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
67.4 I say what I feel	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
67.5 I avoid making a scene	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
67.6 I smother my feelings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
67.7 I hide my annoyance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

68. The following words describe feelings and emotions. Read each item and then fill in the appropriate bubble next to that word. Indicate to what extent you usually feel that way.

	VERY SLIGHTLY OR NOT AT ALL	A LITTLE	MODERATELY	QUITE A BIT	EXTREMELY
68.1 interested	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
68.2 distressed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
68.3 upset	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
68.4 enthusiastic	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
68.5 guilty	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
68.6 hostile	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
68.7 alert	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
68.8 nervous	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
68.9 determined	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
68.10 scared	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
68.11 attentive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
68.12 active	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# Appendix 3

## HEALTH 2000 ANSWER SHEET

### EATING HABITS

#### FIRST SOME QUESTIONS RELATING TO YOUR DIETARY HABITS

<p>69 <b>Have you been on a special diet in the last 12 months?</b></p> <p>69.1 <input type="radio"/> No</p> <p>69.2 <input type="radio"/> Yes, Weight loss</p> <p>69.3 <input type="radio"/> Yes, Vegetarian</p> <p>69.4 <input type="radio"/> Yes, Low fat, low cholesterol</p> <p>69.5 <input type="radio"/> Yes, High fibre</p> <p>69.6 <input type="radio"/> Yes, Other, please specify</p> <hr/> <p>70 <b>How much oil is used per month in your household?</b></p> <p>70.1 <b>Pure olive oil</b>                      70.2 <b>Other vegetable oils/blends</b></p> <p><input type="radio"/> none    <input type="radio"/> none</p> <p><input type="radio"/> less than 1 litre                              <input type="radio"/> less than 1 litre</p> <p><input type="radio"/> 1 to 3 litres                                      <input type="radio"/> 1 to 3 litres</p> <p><input type="radio"/> 3 to 5 litres                                      <input type="radio"/> 3 to 5 litres</p> <p><input type="radio"/> 5 to 7 litres                                      <input type="radio"/> 5 to 7 litres</p> <p><input type="radio"/> 7 to 9 litres                                      <input type="radio"/> 7 to 9 litres</p> <p><input type="radio"/> more than 9 litres                              <input type="radio"/> more than 9 litres</p> <p><input type="radio"/> don't know                                      <input type="radio"/> don't know</p> <p>71 <b>Which of the following do you most often have on or with bread/toast?</b></p> <p><input type="radio"/> butter</p> <p><input type="radio"/> margarine</p> <p><input type="radio"/> sometimes butter, sometimes margarine</p> <p><input type="radio"/> olive oil</p> <p><input type="radio"/> I don't use anything</p> <p>72 <b>When FRYING meat, fish, poultry or vegetables, which do you (or the person who cooks your food) use most often?</b></p> <p><input type="radio"/> butter</p> <p><input type="radio"/> margarine</p> <p><input type="radio"/> dripping or lard</p> <p><input type="radio"/> olive oil</p> <p><input type="radio"/> vegetable oil</p> <p><input type="radio"/> I never eat fried food</p> <p><input type="radio"/> don't know</p> <p>73 <b>What dressing do you usually add to salad vegetables?</b></p> <p><input type="radio"/> no dressing</p> <p><input type="radio"/> oil and vinegar</p> <p><input type="radio"/> mayonnaise</p> <p><input type="radio"/> lemon juice or other fat free dressing</p> <p><input type="radio"/> Other, please specify</p> <hr/> <p>74 <b>What dressing do you usually add to cooked vegetables?</b></p> <p><input type="radio"/> no dressing (or fat free dressing)</p> <p><input type="radio"/> butter</p> <p><input type="radio"/> margarine</p> <p><input type="radio"/> olive oil</p> <p><input type="radio"/> vegetable oil</p> <p>75 <b>What kind of fat do you (or the person who cooks your food) most often use for BAKING cakes, biscuits, pies, etc?</b></p> <p><input type="radio"/> butter</p> <p><input type="radio"/> margarine</p> <p><input type="radio"/> dripping or lard</p> <p><input type="radio"/> olive oil</p> <p><input type="radio"/> vegetable oil</p> <p><input type="radio"/> I never eat baked foods</p> <p><input type="radio"/> don't know</p>	<p>76 <b>When you add milk to cereal or tea/coffee etc. which do you most often use?</b></p> <p><input type="radio"/> full cream milk</p> <p><input type="radio"/> reduced fat milk eg. PhysiCAL, REV</p> <p><input type="radio"/> skim milk</p> <p><input type="radio"/> soya milk</p> <p><input type="radio"/> I don't use milk</p> <p>77 <b>Do you usually take milk in:</b></p> <p>77.1 <b>Tea</b>                      77.2 <b>Coffee</b>                      77.3 <b>Coffee Substitute</b> (e.g. Caro)</p> <p><input type="radio"/> Yes                              <input type="radio"/> Yes                              <input type="radio"/> Yes</p> <p><input type="radio"/> No                                  <input type="radio"/> No                                  <input type="radio"/> No</p> <p><input type="radio"/> Don't drink tea                      <input type="radio"/> Don't drink coffee                      <input type="radio"/> Don't drink coffee substitutes</p> <p>78 <b>How many teaspoons of sugar on average do you add to your food and drink each day? (Do not consider sugar used in cooking)</b></p> <p><input type="radio"/> 0   <input type="radio"/> 1   <input type="radio"/> 2   <input type="radio"/> 3   <input type="radio"/> 4   <input type="radio"/> 5   <input type="radio"/> 6   <input type="radio"/> 7   <input type="radio"/> 8   <input type="radio"/> 9   <input type="radio"/> 10</p> <p><input type="radio"/> 11   <input type="radio"/> 12   <input type="radio"/> 13   <input type="radio"/> 14   <input type="radio"/> 15   <input type="radio"/> 16   <input type="radio"/> 17   <input type="radio"/> 18   <input type="radio"/> 19   <input type="radio"/> 20</p> <p>79 <b>How often do you eat garlic or foods cooked with garlic?</b></p> <p><input type="radio"/> every day</p> <p><input type="radio"/> 4 to 6 times a week</p> <p><input type="radio"/> 2 to 3 times a week</p> <p><input type="radio"/> once a week</p> <p><input type="radio"/> 2 to 3 times a month</p> <p><input type="radio"/> once a month</p> <p><input type="radio"/> less than once a month</p> <p><input type="radio"/> never</p> <p>80 <b>Did you take any of the following diet supplements at least once a week over the last 12 months?</b></p> <p>80.1 Multivitamins                      <input type="radio"/> No                      <input type="radio"/> Yes</p> <p>80.2 Vitamin A                              <input type="radio"/> No                      <input type="radio"/> Yes</p> <p>80.3 Vitamin C                              <input type="radio"/> No                      <input type="radio"/> Yes</p> <p>80.4 Vitamin E                              <input type="radio"/> No                      <input type="radio"/> Yes</p> <p>80.5 Calcium                              <input type="radio"/> No                      <input type="radio"/> Yes</p> <p>80.6 Fish oils                              a <input type="radio"/> 0   <input type="radio"/> 1   <input type="radio"/> 2   <input type="radio"/> 3   <input type="radio"/> 4   <input type="radio"/> 5   <input type="radio"/> 6   <input type="radio"/> 7   <input type="radio"/> 8   <input type="radio"/> 9   <input type="radio"/> 10   <input type="radio"/> 11   <input type="radio"/> 12   <input type="radio"/> 13   <input type="radio"/> 14   <input type="radio"/> 15   <input type="radio"/> 16   <input type="radio"/> 17   <input type="radio"/> 18   <input type="radio"/> 19   <input type="radio"/> 20   <input type="radio"/> D   <input type="radio"/> W</p> <p>80.7 Cod Liver oil                      a <input type="radio"/> 0   <input type="radio"/> 1   <input type="radio"/> 2   <input type="radio"/> 3   <input type="radio"/> 4   <input type="radio"/> 5   <input type="radio"/> 6   <input type="radio"/> 7   <input type="radio"/> 8   <input type="radio"/> 9   <input type="radio"/> 10   <input type="radio"/> 11   <input type="radio"/> 12   <input type="radio"/> 13   <input type="radio"/> 14   <input type="radio"/> 15   <input type="radio"/> 16   <input type="radio"/> 17   <input type="radio"/> 18   <input type="radio"/> 19   <input type="radio"/> 20   <input type="radio"/> D   <input type="radio"/> W</p> <p>80.8 Wheat bran                              a <input type="radio"/> 0   <input type="radio"/> 1   <input type="radio"/> 2   <input type="radio"/> 3   <input type="radio"/> 4   <input type="radio"/> 5   <input type="radio"/> 6   <input type="radio"/> 7   <input type="radio"/> 8   <input type="radio"/> 9   <input type="radio"/> 10   <input type="radio"/> 11   <input type="radio"/> 12   <input type="radio"/> 13   <input type="radio"/> 14   <input type="radio"/> 15   <input type="radio"/> 16   <input type="radio"/> 17   <input type="radio"/> 18   <input type="radio"/> 19   <input type="radio"/> 20   <input type="radio"/> D   <input type="radio"/> W</p> <p>80.9 Oat bran                                  a <input type="radio"/> 0   <input type="radio"/> 1   <input type="radio"/> 2   <input type="radio"/> 3   <input type="radio"/> 4   <input type="radio"/> 5   <input type="radio"/> 6   <input type="radio"/> 7   <input type="radio"/> 8   <input type="radio"/> 9   <input type="radio"/> 10   <input type="radio"/> 11   <input type="radio"/> 12   <input type="radio"/> 13   <input type="radio"/> 14   <input type="radio"/> 15   <input type="radio"/> 16   <input type="radio"/> 17   <input type="radio"/> 18   <input type="radio"/> 19   <input type="radio"/> 20   <input type="radio"/> D   <input type="radio"/> W</p> <p>80.10 Fibre supplements (e.g. Fybogel, metamucil)                      a <input type="radio"/> 0   <input type="radio"/> 1   <input type="radio"/> 2   <input type="radio"/> 3   <input type="radio"/> 4   <input type="radio"/> 5   <input type="radio"/> 6   <input type="radio"/> 7   <input type="radio"/> 8   <input type="radio"/> 9   <input type="radio"/> 10   <input type="radio"/> 11   <input type="radio"/> 12   <input type="radio"/> 13   <input type="radio"/> 14   <input type="radio"/> 15   <input type="radio"/> 16   <input type="radio"/> 17   <input type="radio"/> 18   <input type="radio"/> 19   <input type="radio"/> 20   <input type="radio"/> D   <input type="radio"/> W</p> <p>81 <b>Which best describes what happens to your skin when, or if, you are exposed to strong sunshine?</b></p> <p><input type="radio"/> I usually burn and rarely tan</p> <p><input type="radio"/> I burn first, then tan</p> <p><input type="radio"/> I usually tan and rarely burn</p> <div style="border: 1px solid black; padding: 10px; text-align: center; margin-top: 20px;"> <p>STICK BARCODE LABEL HERE</p> </div>
--	---

FOODS	Number of times you have eaten these foods over the last year;	Never or less than once per month	1 – 3 per month	1 per week	2 – 4 per week	5 – 6 per week	1 per day	2 – 3 per day	4 – 5 per day	6+ per day
<b>CEREAL FOODS, CAKES &amp; BISCUITS</b>										
82	Wheatgerm	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
83	Muesli	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
84	Other Breakfast cereals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
85	Rice boiled (incl. brown rice)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
86	Fried rice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
87	Mixed dishes with rice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
88	White bread, rolls or toast	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
89	Wholewheat or rye bread, rolls or toast	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
90	Fruit bread	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
91	Crackers or crispbreads	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
92	Sweet biscuits	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
93	Cakes or sweet pastries	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
94	Puddings	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
95	Pasta or noodles	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
96	Pizza	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
97	Dim sims or spring rolls	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
98	Pies or savoury pastries	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>DAIRY FOODS &amp; EGGS</b>										
99	Cottage cheese	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
100	Ricotta cheese	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
101	Fetta cheese	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
102	Low fat, low cholesterol cheese	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
103	Hard grating cheeses eg. parmesan	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
104	Cream cheese	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
105	Cheddar or similar cheeses	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
106	Ice cream	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
107	Custard	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
108	Cream or sour cream	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
109	Yoghurt (incl. low fat varieties)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
110	Eggs, boiled or poached	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
111	Eggs, fried or scrambled	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
112	Mixed dishes with egg	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
113	Butter	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
114	Margarine	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>MEAT, POULTRY, SEAFOOD &amp; MIXED DISHES</b>										
115	Veal or beef schnitzel	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
116	Beef or veal, roast	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
117	Beef steak	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
118	Rissoles or meatloaf	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
119	Mixed dishes with beef (inc. stews, curry & meat sauce)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
120	Chicken, roast or fried (incl. schnitzel)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

FOODS	Number of times you have eaten these foods over the last year	Never or less than once per month	1 – 3 per month	1 per week	2 – 4 per week	5 – 6 per week	1 per day	2 – 3 per day	4 – 5 per day	6+ per day
121 Chicken, boiled or steamed		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
122 Mixed dishes with chicken (e.g. casseroles, stir fry)		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
123 Lamb, chops or roast		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
124 Mixed dishes with lamb		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
125 Pork, chops or roast		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
126 Rabbit, or other game		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
127 Liver (incl. Liverwurst & paté)		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
128 Other offal meats		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
129 Salami or continental sausages		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
130 Sausages or frankfurters		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
131 Bacon		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
132 Ham (incl. prosciutto)		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
133 Corned beef (silverside)		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
134 Manufactured luncheon meats (incl. mortadella)		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
135 Fish, steamed, grilled or baked		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
136 Fish, fried (incl. takeaway)		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
137 Fish, smoked		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
138 Canned fish (incl. tuna, salmon & sardines)		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
139 Seafood (other than fish)		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>SOUPS, SALADS &amp; COOKED VEGETABLES</b>										
140 Creamed soup		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
141 Bean, pea or lentil soup		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
142 Other soup or broth		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
143 Pickled vegetables		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
144 Tomato		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
145 Capsicum		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
146 Lettuce, endive or other salad greens		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
147 Cucumber		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
148 Celery or fennel		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
149 Beetroot		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
150 Coleslaw		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
151 Potato fried or roasted		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
152 Potato cooked without fat		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
153 Carrot		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
154 Cabbage or Brussels sprouts		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
155 Cauliflower		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
156 Broccoli		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
157 Silverbeet, spinach or other leafy greens		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
158 Green beans or peas		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
159 Cooked dried bean, chick pea or lentil dish (inc. baked beans)		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
160 Pumpkin		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
161 Onion or leeks		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

FOODS	Number of times you have eaten these foods over the last year	Never or less than once per month	1 – 3 per month	1 per week	2 – 4 per week	5 – 6 per week	1 per day	2 – 3 per day	4 – 5 per day	6+ per day
162 Mushrooms		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
163 Sweet corn		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
164 Zucchini, squash or eggplant		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
165 Cooked mixed vegetable dish		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>DRIED, FRESH, STEWED AND CANNED FRUIT</b>										
166 Dried apricots or peaches		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
167 Other dried fruit		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
168 Fruit salad		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
169 Oranges or mandarins		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
170 Apples		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
171 Bananas		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
172 Peaches or nectarines		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
173 Pears		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
174 Cantaloupe or honeydew melon		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
175 Watermelon		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
176 Strawberries		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
177 Plums		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
178 Apricots		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
179 Grapefruit		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
180 Pineapple		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
181 Avocados		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
182 Olives		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
183 Figs		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
184 Grapes		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>BEVERAGES &amp; MISCELLANEOUS</b>										
185 A milk drink (inc. milk shakes, hot chocolate etc.)		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
186 Orange juice or lemon juice		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
187 Other fruit juice		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
188 Tea		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
189 Herbal or mountain tea		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
190 Coffee		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
191 Coffee substitute		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
192 Water (inc. soda & plain mineral water)		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
193 Diet (Lo-cal) soft drink		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
194 Soft drink (inc. flav. mineral water)		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
195 Chocolate or confectionery containing chocolate		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
196 Other confectionery		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
197 Peanuts or peanut butter		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
198 Other nuts		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
199 Dips		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
200 Corn chips, potato chips or similar snacks		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
201 Jam, honey or syrups		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
202 Vegemite, marmite or promite		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# Appendix 4

DRAFT version3 17 May 2007

EOI NO:

Date Received \_\_\_/\_\_\_/\_\_\_

Electronic File Name:

## HEALTH 2020 COHORT STUDY

### EXPRESSION OF INTEREST For Research Proposals

<b>BRIEF TITLE OF PROJECT</b>	
-------------------------------	--

LEAD INVESTIGATOR					
	Title	Given Name	Initial	Surname	
Department					
Institution					
Address					
City/Suburb			State		Postcode
Telephone		Fax		Email	

OTHER PRINCIPAL INVESTIGATORS				
	Title	Given Name	Surname	Institution & email address
A				
B				
C				
D				

CONTACT PERSON FOR THIS APPLICATION <u>IF NOT</u> LEAD INVESTIGATOR					
Title	Given Name	Surname	Role in this study		
Department					
Institution					
Address					
City/Suburb			State		Postcode
Telephone		Fax		Email	

Please complete and submit form online: [http://www.cancervic.org.au/about-our-research/cancer\\_epidemiology\\_centre/health\\_2020](http://www.cancervic.org.au/about-our-research/cancer_epidemiology_centre/health_2020)

## SYNOPSIS OF RESEARCH PLAN

**Aims & Hypotheses** *(limit 700 characters)*

**Background** *(limit 2000 characters)*

**Research Plan** *(limit 2000 characters)*

**Significance of project** *(limit 2000 characters)*

Please complete and submit form online: [http://www.cancervic.org.au/about-our-research/cancer\\_epidemiology\\_centre/health\\_2020](http://www.cancervic.org.au/about-our-research/cancer_epidemiology_centre/health_2020)  
Page 2 of 3

EOI NO:

Date Received \_\_\_\_/\_\_\_\_/\_\_\_\_

Electronic File Name:

### RATIONALE FOR USING THE HEALTH 2020 COHORT STUDY

*Please justify the use of Health 2020 for this project.*

SUBMIT ONLINE

### PROJECT REQUIREMENTS

- a) Are existing data required?      Yes       No
- b) Are existing biospecimens required?      Yes       No
- c) Is subject contact required?      Yes       No

**If yes to ( c ),** please describe what is planned in this regard (e.g. numbers of participants, any requirements of participants, measurements to be made on participant, duration of contact with participant).

### ANTICIPATED TIMEFRAME

Commencement: \_\_\_\_/\_\_\_\_/\_\_\_\_      Completion: \_\_\_\_/\_\_\_\_/\_\_\_\_

Please complete and submit form online: [http://www.cancervic.org.au/about-our-research/cancer\\_epidemiology\\_centre/health\\_2020](http://www.cancervic.org.au/about-our-research/cancer_epidemiology_centre/health_2020)

# Appendix 5

## Seasonality

<b>Item</b>	<b>Seasonality (months available)</b>
Dried apricot or peaches	12
Other dried fruit	12
Fruit salad	12
Oranges or mandarins	12
Apples	12
Bananas	12
Peaches or nectarines	8
Pears	12
Cantaloupe or honeydew	12
Watermelon	12
Strawberries	12
Plums	5
Apricots	5
Grapefruit	12
Pineapple	12
Figs	6
Grapes	6
Orange juice	12
Fruit juice	12

# Appendix 6

## Daily equivalent frequencies for FFQ

<b>Answer</b>	<b>FFQ frequency</b>	<b>Daily equivalent</b>
1	Never or <1/month	0.01
2	1-3/month	0.07
3	1/week	0.14
4	2-4/week	0.43
5	5-6/week	0.78
6	1/day	1.0
7	2-3/day	2.5
8	4-5/day	4.5
9	6+/day	7.0
0	0	0.0

<b>FFQ No</b>	<b>FFQ frequency</b>		<b>Item</b>
85	Dried apricot or peaches	✓	12
86	Other dried fruit	✓	12
87	Fruit salad	✓	12
88	Oranges or mandarins	✓	12
89	Apples	✓	12
90	Bananas	✓	12
91	Peaches or nectarines	✓	8
92	Pears	✓	12
93	Cantaloupe or honeydew	✓	12
94	Watermelon	✓	12
95	Strawberries	✓	12
96	Plums	✓	5
97	Apricots	✓	5
98	Grapefruit	✓	12
99	Pineapple	✓	12
100	Avocado	Not included	
101	Olives		
102	Figs	✓	6
103	Grapes	✓	6
105	Orange juice	✓	12
106	Fruit juice	✓	12

# Appendix 7

## Sex-specific portion sizes

<b>Food</b>	<b>Female Portion</b>	<b>Male Portion</b>
crlwgerm	20	20
crlmusli	50	50
crloth	30	40
riceboil	80	100
ricefry	150	150
ricemix	100	140
brdwht	50	56
brdwmeal	50	60
brdfrt	50	60
bsctdry	20	20
bsctswt	20	30
cake	55	55
pdng	80	90
pstamix	145	200
pzza	290	325
dimsim	90	172.5
ptrysvry	140	170
chscotg	40	40
chsriect	75	100
chsfeta	35	40
chslfat	33	30
chshard	11	11
chscrm	30	25
chschdr	30	30
icecrm	50	70
cstrd	85	85
crmtty	20	30
yghrt	100	90
eggboil	55	55
eggfry	60	60
eggmix	140	150
butr	10	10
mrgn	10	10
bfvlsnzl	111.5	130

<b>Food</b>	<b>Female Portion</b>	<b>Male Portion</b>
bflrst	70	80
bfstk	100	150
bfrisol	100	125
bfmix	200	235
cknrst	100	120
cknboil	60	102.5
cknmix	190	250
lmbbst	100	100
lmbmix	200	250
prkrst	100	120
game	200	240
lvrlvrpt	35	25
othofl	70	75
salmi	60	60
sausfrnk	100	130
bacn	40	40
ham	40	40
bfcorn	50	60
othlnch	35	50
fshstm	130	120
fshfry	100	135
fshsmk	70	80
fshtin	70	80
seafd	60	60
soupcrm	231	250
souplgm	200	300
soupoth	200	200
vegpccl	20	20
tom	50	50
cpsm	20	20
slgrn	35	40
cmbr	30	30
clryfnl	30	30
btroot	30	40
clsw	52.5	75
potfat	90	100

## Sex-specific portion sizes

<b>Food</b>	<b>Female Portion</b>	<b>Male Portion</b>
potnfat	90	100
crrt	40	50
cbgbrsl	50	60
clfwr	60	60
brcl	60	60
lfgrn	60	70
beanpea	50	50
lgmdry	115	115
pmkn	60	70
onioleek	20	20
mshrm	25	37.75
cornswt	60	95
zchsqegp	50	80
vegckmix	100	100
appcdry	30	30
appcdry	30	30
frtsl	130	150
orgmdrn	157.5	170
appl	120	140
bana	90	100
pchnctrn	100	125
pear	150	150
cntlphdw	110	120
wtrmln	160	190
strwbry	60	100
plum	100	110
aprct	50	125
grapfrt	100	100
pnpl	77.5	110
avcd	50	60
olv	15	15
fig	140	140
grap	100	100
milkdrk	200	200
jcorglmn	140	160
jcothfrt	150	150

<b>Food</b>	<b>Female Portion</b>	<b>Male Portion</b>
tea	200	200
teahrb	200	200
coff	190	200
caro	10	10
wtrty	160	200
drkdsft	200	370
drksft	160	200
cnftchoc	25	30
cnftoth	20	20
peanutpr	16.5	20
othnut	10	14
dip	25	25
snkchpty	25	40
spdjamty	10	15
spdvegty	5	5
oliveoil	1	1
oilblnd	1	1
milkfullcer	125	125
milkrfcer	125	125
milkskimcer	125	125
milksoycer	125	125
milkfullbev	20	20
milkrfbev	20	20
milkskbbev	20	20
milksoybev	20	20
sugar	4	4
beer	1	1
wine	1	1
spirits	1	1

# Index

Adrenic acid	572, 573	biscuits	8, 40
alcohol		dry (crackers or crispbreads)	104, 344, 356, 590
consumed	600	sweet	106, 344, 352, 590
NHMRC category	602	bread	32
beer (in)	604	intake	364, 365
wine (in)	606	quartiles	366
spirits (in)	608	fruit	102, 344, 590
Total per day	612	intake	364
Number days	614	rye	100, 590
category	616	intake	372, 373
average amount	618	quartiles	374
Alpha-carotene	578, 579	white	98, 344, 364, 590
Alpha-linolenic acid	560, 561	intake	368, 369
angina		quartiles	370
history of	328	wholewheat	100, 344, 364, 590
apples	262, 440, 592, 641	intake	372, 373
apricots	254, 256, 278, 440, 592, 641	quartiles	374
Arachidic acid	532, 533	broccoli	234, 416, 420, 594
Arachidonic acid	566, 567	brussels sprouts	230, 416, 420, 594
avocado	284, 440, 592	butter	32, 33, 34, 35, 38, 39, 40, 148
bacon	184, 396	intake	388, 389
baked beans	240, 416, 432, 594, 596	quartiles	390
bananas	264, 440, 592, 641	Butyric acid	512, 513
beans		cabbage	230, 416, 420, 594
baked	240, 416, 432, 594, 596	cakes	8, 40, 108, 344, 352, 590
green beans	238, 416, 432, 594	Calcium	13, 62, 476, 477
soup	204, 596	cantaloupe	270, 440, 592, 641
beef		Capric acid	518, 519
corned	188, 396, 404	Caproic acid	514, 515
curry		Caprylic acid	516, 517
mixed dishes	160, 396, 400	capsicum	212, 416, 594
roast	154, 396, 400	Carbohydrate	9, 13, 452, 454, 462, 463
schnitzel	152, 396, 400	carotenoid	9, 13, 578, 580, 582, 584, 586
steak	156, 396, 400	carrot	228, 416, 594
stew		cauliflower	232, 416, 420, 594
beetroot	220, 416, 594	celery	218, 416, 594
Behenic acid	534, 535	cereal product	590
Beta-Carotene	580, 581	intake	344, 345
Equivalent	13	quartiles	346
Beta-cryptoxanthin	582, 583		

other		coffee	42, 46, 47, 302
intake	352, 353	substitute	48, 49, 304
quartiles	354	coleslaw	222, 416, 594
savoury		confectionery	
intake	356, 357	chocolate	312
quartiles	358	other	314
cereal		cream	42, 43
breakfast		cheese	130, 380
intake	348, 349	sour	138
quartiles	350	cucumber	216, 416, 594
fibre	590, 591	custard	136, 380
muesli	88, 344, 348, 590	dairy	8
other breakfast	90, 344, 348, 590	intake	380, 381
wheatgerm	86, 344, 348, 590	quartiles	382, 383
Cetoleic acid	554, 555	Decosahexaenoic acid (DHA)	576, 577
cheese		Dextrins	13, 466, 467
cheddar	132, 380	diabetes	3, 6-10, 328, 622, 623
cottage	120, 380	diet	
cream	42, 43, 130, 138, 380	high fibre	24
fetta	124, 380	low fat	22
hard grating	128, 380	other	26
low cholesterol	126, 380	vegetarian	20
low fat	126, 380	weight loss	18
parmesan	128, 380	Dihomo-gamma-linolenic acid	564, 565
ricotta	122, 380	dim sims	116, 344, 356, 590
chick pea	240, 416, 432, 594, 596	dip	320, 321, 646
chicken		dried fruit	
boiled	164	apricots	254, 440, 592
fried	162	other	256
intake	408, 409	peaches	254, 440, 592
quartiles	410	drinking status	610
mixed dishes	166	dripping	34, 35, 40, 41
roast	162	eggplant	250, 416, 594
steamed	164	egg(s)	8
chips (corn or potato)	322	boiled	142, 143, 643
chocolate	292, 312, 380	fried	144, 145, 384, 643
Cholesterol	6-9, 13, 22, 126, 380, 470, 471	intake	384, 385
chops		quartiles	386, 387
lamb	168, 396, 400	mixed dishes	146, 147, 643
pork	172, 396, 400	poached	142, 143

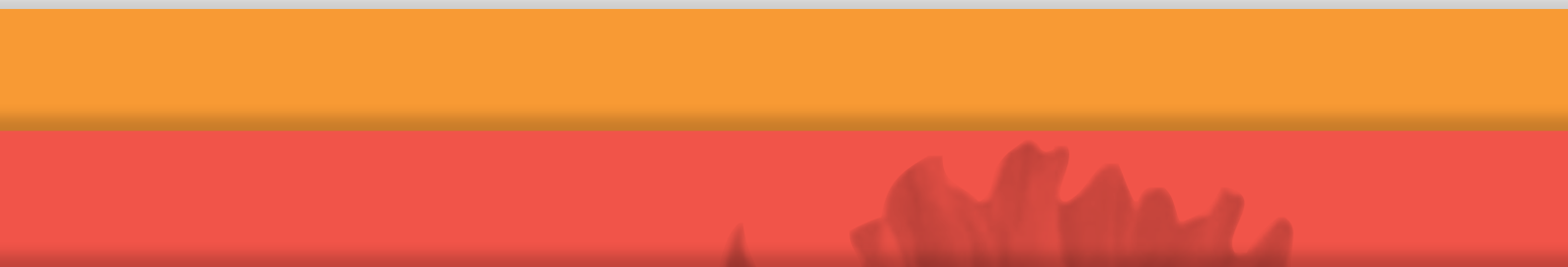
scrambled	144, 384	steamed	192, 412
Eicosadienoic acid	562, 563	tuna	412
Eicosapentaenoic acid (EPA)	568, 569	Folate	13, 510, 511
Eicosenic acid	552, 553	frankfurters	182, 396
Elaidic acid	550, 551	fresh meat	
endive	214, 416, 424, 594	intake	400, 401
energy	9, 14	quartiles	402
FFQ (from)	330	fruit	
food (from)	588, 589	dried	
intake	456	apricots	254, 440, 592
Erucic acid	554, 555	other	256
fat		peaches	254, 440, 592
Monounsaturated	13, 504, 505	fibre	592, 593
oil	8, 12, 30, 31, 34, 35, 40, 41	intake	440, 441
Polyunsaturated	13, 506, 507	categories	442
saturated	13, 502, 503	salad	258, 440, 592, 641
fatty acid		garlic	8, 12
f205n6	570	quantity	52
fennel	218, 416, 594	glycemic	
Fibre	9, 468	index (GI)	13, 454, 455
cereal	590, 591	load	13, 452, 453
dietary	13	grapefruit	280, 440, 448, 592, 641
fruit	592, 593	grapes	290, 440, 592, 641
legume	596, 597	ham	186, 187, 396, 404, 644
potato	598, 599	Heptadecenoic acid	546, 547
vegetable	594, 595	High lycopene	
fibre supplement		intake	448, 449
capsules	80	quartiles	450
quantity	82	honey	324
fig	288, 289, 440, 592, 641, 645	honeydew	270, 440, 592, 641
fish		hot chocolate	292, 380
baked	192, 412	icecream	134
canned	198, 412	Iron	13, 482, 483
fried	194, 412	jam	324, 325, 646
grilled	192, 412	juice	
intake	412, 413	lemon	36, 37, 294, 440, 592
quartiles	414	orange	294, 440, 592, 641
salmon	412	other	296, 440, 592, 641
sardines	412	Kilojoules	13, 456, 457, 588
smoked	196, 412	lamb	168, 170

chops	168, 396, 400	red	
mixed dishes	170	intake	396, 397
roast	168, 396, 400	quartiles	398, 399
lard	34, 35, 40, 41	meatloaf	158
Lauric acid	520, 521	milk	8, 12, 42, 43
leafy greens		coffee (in)	46, 47
other	236, 416, 424, 594	coffee substitute (in)	48, 49
silverbeet	236, 416, 424, 594	drink	292, 293, 380, 645
spinach	236, 416, 424, 594	milkshake	292, 293, 380, 645
leeks	244, 416, 436, 594	hot chocolate	292, 293, 380, 645
legume		full cream	42, 43, 646
fibre	596, 597	reduced fat	42, 43, 646
intake	432, 433	skim	42, 43, 646
quartiles	434	soya	42, 43, 646
lettuce	214, 416, 424, 594	tea (in)	44, 45
Lignoceric acid	536, 537	muesli	88, 344, 348, 590
Linoleic acid	556, 557	multi vitamin	54
Trans	558, 559	mushrooms	246, 416, 594
liver (incl. Liverwurst, pate)	176, 396	Myristic acid	522, 523
Lutein	584, 585	Myristoleic acid	538, 539
Lycopene	586, 587	nectarines	266, 440, 592, 641
High lycopene		Niacin	13, 498, 499
intake	448, 449	Equivalent	496, 497
quartiles	450	noodles	112, 344, 590
Magnesium	13, 480, 481	intake	376, 377
mandarins	260, 440, 592, 641	quartiles	378
Margaric acid	528, 529	nuts	
margarine	32, 33, 34, 35, 38, 39, 40, 41, 150	other	318
intake	392, 393	peanut	316
quartiles	394	oatbran	76
marmite	326	quantity	78
meat 8, 9, 34		offal	178, 396, 400
fresh		oil	
intake	400, 401	cod	68, 69
quartiles	402, 403	quantity	70, 71
luncheon meats	190, 396	fish	64
offal (other)	178, 396	quantity	66
processed		olive	9
intake	404, 405	intake source code	332, 333
quartiles	406, 407	ml/w	334, 335
		quartiles	336, 337

vegetable		Protein	13, 458, 459
intake source code	338, 339	puddings	110, 344, 352, 590
ml/w	340, 341	pumpkin	242, 416, 594
quartiles	342, 343	rabbit	174, 396, 400
Oleic acid	548, 549	Retinol	13, 488, 489
olives	286, 440, 592	Equivalent	13, 486, 487
onion	244, 416, 436, 594	Riboflavin	13, 494, 495
oranges	260, 440, 592, 641	rice	
Palmitic acid	526, 527	boiled	92, 93, 344, 590, 643
Palmitoleic acid	542, 543	fried	94, 95, 344, 590, 643
Trans	544, 545	intake	360, 361
pasta	112, 344, 590	quartiles	362, 363
intake	376, 377	mixed dishes	96, 97, 344, 590, 643
quartiles	378	rissoles	158, 396, 400
pastries		roast	
savoury	118, 356	beef	154, 396, 400
sweet	108, 344, 352, 590	chicken	162
peaches	254, 266, 440, 592, 641	lamb	168, 396, 400
peanut / peanut butter	316, 646	pork	172, 396, 400
pears	268, 269, 440, 592, 641, 645	veal	154
peas	238, 416, 432, 594, 596	salad	
Pentadecanoic acid	524, 525	fruit	258, 440, 592, 641
Phosphorus	13, 478, 479	greens	214, 416, 424, 594
pies	40, 118, 344, 356, 590	salad dressing	36, 37
pineapple	282, 440, 592, 641	fat free dressing	36, 37
pizza	114, 344, 356, 590	lemon juice	36, 37
plums	276, 440, 592, 641	mayonnaise	36, 37
pork (chops or roast)	172, 396, 400	oil	36, 37
Potassium	13, 474, 475	vinegar	36, 37
potato		salami	180, 396, 404
chips	322	salmon	198, 412
cooked without fat	226, 594	sardines	198, 412
fibre	598, 599	sausage	180, 182, 396, 404
fried	224, 416, 594	schnitzel	
intake	428, 429	beef	152, 396, 400
quartiles	430	chicken	162
roasted	224, 416, 594	veal	152, 396, 400
processed meat		seafood	8
intake	404, 405	excluding fish	200
promite		fish	412
quartiles	406	silverbeet	236, 416, 424, 594

silverside	188, 396, 404	tuna	198, 412
snacks	322	vegemite	326
Sodium	13, 472, 473	vegetable	
soft drink	310	allium	
diet	308	intake	436, 437
soup	8	quartiles	438
bean, pea or lentil	204, 205, 416, 432, 594, 596	categories	418
broth	206, 207, 644	cooked	252, 416, 594, 595
creamed	202, 203, 644	Cruciferous	
spinach	236, 416, 424, 594	intake	420, 421
spread	32	quartiles	422
butter	32	fibre	594, 595
margarine	32	intake	416
olive oil	32	leafy	
spring rolls	116, 344, 356, 590	intake	424, 425
squash	250, 416, 594	quartiles	426
Starch	13, 466, 467	pickled	208, 416, 594, 595
steak		vegetable oil	30, 34, 35, 38, 39, 40, 41
beef	156, 396, 400	intake source code	338
Stearic acid	530, 531	ml/w	340
strawberries	274, 440, 592, 641	quartiles	342
sugar	8, 12, 50, 51, 464, 465, 646	vitamin A	9, 56
sun (exposed to)	84, 85	Vitamin C	9, 13, 58, 500, 501
sweet corn	248, 416, 594	Vitamin E	9, 13, 60, 508, 509
syrups	324	water	13, 306
tan	84, 85	watermelon	272, 440, 448, 592, 641
tea	298, 299, 300, 301, 646	wheatbran	72
Thiamin	13, 492, 493	quantity	74
tomato	210, 416, 448, 594	wheatgerm	86, 344, 348, 590
tomato products		yoghurt	140, 380
intake	444, 445	zeaxanthin	584, 585
quartiles	446, 447	Zinc	13, 484, 485
Trans Vaccenic acid	550, 551	zucchini	250, 416, 594





Leading  
the fight...

1 Rathdowne Street Carlton Victoria 3053