

Section 2b Diet: How Often Do You Eat Different Foods?

Q 2.8 The next three pages ask about foods you usually eat in a normal day or week. You do not need to spend a long time on this – just a good estimate.

If you do not eat foods every day fill in the week column. If you don't eat the food put 0 in the week column. Then please indicate **roughly** how big your normal helping is compared to the 'portion size' indicated (please note the 'portion sizes' are NOT a normal portion – usually less than a normal person's portion size).

EXAMPLE. *This person eats a bowl of cereal 5 times a week and it is 2 'portions' each time and has bread twice a day, each time having 3 'portions'.*

	<i>Portion size</i>	<i>'Portions' each time</i>	<i>Per day</i>	<i>Per week</i>
<i>Breakfast cereal</i>	<i>3 tablespoons/average bowl (all spoons are rounded)</i>	<i>2</i>		<i>5</i>
<i>Bread/toast</i>	<i>1 slice</i>	<i>3</i>	<i>2</i>	

BREAD/CEREAL/POTATOES	<i>'Portion' size</i>	<i>'Portions' each time</i>	<i>Per day</i>	<i>Per week</i>
High fibre breakfast cereal (eg Weetabix, Allbran, muesli)	3 tablespoons/average bowl (all spoons are rounded)			
Other breakfast cereal (eg Coco Pops etc)	3 tablespoons/average bowl (all spoons are rounded)			
Bread/Bun/ roll (toast)	1 slice, ½ bun, ½ roll			
Rice	2 tbs / cup			
Pasta	2 tbs / cup			
Cereal bars	3 slices/crackers/crispbread			
Potato (not chips)	1 egg sized			
Potato (fried/chips)	3 tablespoons			
MEATS				
Red and white meat (eg steak, lamb, bacon, pork chicken)	size of a pack of playing cards			
Burgers	1 piece			
Processed meats (eg sausages, salami, luncheon meat)	size of a pack of playing cards			
Battered/crumbed foods (eg Fish fingers, chicken nuggets, etc)	size of a pack of playing cards			
Savoury pastry products (e.g sausage rolls/ meat pies/ Cornish pasty)	2 sausage rolls/slice pie			

READY PREPARED MEALS OR DISHES	'Portion' size	'Portions' each time	Per day	Per week
Pizza	1 slice			
Fast food or ready meals	1 serving			
FRUIT/VEGETABLES				
Vegetables (cooked and fresh) (e.g. carrots, broccoli, cauliflower, peas, NOT potatoes)	2 tablespoons			
Green leafy vegetables (eg spinach)	2 tablespoons			
Plantains/bananas/sweet potato	2 tablespoons			
Green salad (e.g lettuce, cucumber, celery)	1 small portion			
Fresh fruit (e.g. apple/orange/melon slice)	1 piece			
Pure fruit juice (100% fruit juice)	1 small (1/2) glass (100ml)			
Fruit juice drink (added sugar)	1 small (1/2) glass (100ml)			
NUTS and BEANS				
Beans, pulses/lentils/dhal (e.g baked beans)	3 tablespoons			
Nut, peanut butter (e.g. peanuts)	2 tablespoons			
MILK / DAIRY				
High/full fat dairy products (eg whole milk, cream, cheese, butter yoghurt)	1/3 pint (200 ml)/ 1 small matchbox			
Reduced-fat dairy products (eg skimmed milk/ reduced fat yoghurts, cottage cheese)	1/3 pint (200 ml)/ small pot			
Full/high fat dairy desserts (e.g custard, ice cream)	1 small pot			
CAKES/PUDDING AND SNACKS				
Sweet baked goods (eg Donuts, cookies, pastries, muffins, flapjacks)	1 piece			
Cake/Sponge pudding	1 piece/small bowl			
Sweets (e.g. haribo, wine gums etc)	Small handful			
Biscuits	3 small biscuits			
Chocolate	small bar			
Crackers/crispbread	3 slices crackers/crispbread			
Savoury snacks (crisps/corn chips/snack mixes/pringles/pretzels)	1 small bag			

SUGAR	'Portion' size	'Portions' each time	Per day	Per week
Table sugar	1 teaspoon			
DRINKS				
Non-diet fizzy drinks (e.g. coke, lemonade)	1 glass/can			
Non-diet squash/cordial	1 glass/can			
Diet/slimline/sugar-free drinks	1 glass/can			
Tea	1 cup			
Coffee	1 cup			
Alcoholic drinks	½ pint beer, 1 glass wine, 1 tot spirits/liqueur (pub measure)			
FATS				
Margarine	rounded teaspoons = 1 pat			
Low fat spread	2 rounded teaspoons=2 pats			
Cooking oil/fat/ghee	1 teaspoon			
oily salad dressing/ mayonnaise	1 teaspoon			