

DENTAL RESEARCH INSTITUTE FOOD FREQUENCY QUESTIONNAIRE
 (based on Rowett Research Institute, Aberdeen, Scotland, for S. African
 populations)

FOR OFFICE USE ONLY

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NAME _____

REFERENCE NUMBER _____

CLINIC ATTENDED WHEN CHILD WAS 1-YEAR-OLD (1991) _____

DATE OF BIRTH _____ AGE (YEAR AND MONTHS) _____

SEX _____

ETHNIC GROUP _____

DIETARY ASSESSMENT METHOD _____

DAY OF RECORDING _____

SURVEY VENUE _____ SURVEY DATE 24. 10-97

INSTRUCTIONS

Please complete **both** Section A and B of the questionnaire

SECTION A

The following questions in **Section A** are about the foods your child **USUALLY** eats during an average week. Please indicate the number of **days per week** that he/she eats each item on average. Ring the answer as in the examples:

If you eat the food every day, ring 7

If you eat the food 3 days /week, ring 3

If you eat the food only monthly, ring M

If you never or rarely eat the food, ring R

Where spaces are provided after a question please write your answer in the space.

GRAIN AND CEREAL GROUP

Bread		No. days/week	
7 6 5 4 3 2 1 M R			
<u>7</u> 6 5 4 3 2 1 M R			
provitlas/cream crackers etc.			
7 6 5 4 3 2 1 M R			
Does he/she mainly eat white, brown or wholewheat bread?			
How many slices of bread does he/she have per day?			

BREAKFAST CEREALS AND PORRIDGES

	No. days /week
cereals (Rice Krispies, Cornflakes)	7 6 5 4 3 2 1 M R
sugar coated cereals (Coco pops, Frosties)	7 6 5 4 3 2 1 M R
w/wheat cereals (All Bran, Weetbix)	7 6 5 4 3 2 1 M R
porridge (Oats, Maltabella, Maize meal)	7 6 5 4 3 2 1 M R
muesli	7 6 5 4 3 2 1 M R
pronutro	7 6 5 4 3 2 1 M R

OTHER STARCHES

	No. days/week
rice, pasta	7 6 5 4 3 2 1 M R
stiff maize meal - with amasi (sour milk)	7 6 5 4 3 2 1 M R
- without	7 6 5 4 3 2 1 M R
samp/mielle rice - with beans	7 6 5 4 3 2 1 M R
- without	7 6 5 4 3 2 1 M R

MEATS AND MEAT SUBSTITUTES

	No. days/week
red meat (beef, lamb, pork or mince)	7 6 5 4 3 2 1 M R
processed meat (bacon, sausages, polony)	7 6 5 4 3 2 1 M R
chicken	7 6 5 4 3 2 1 M R
fish	7 6 5 4 3 2 1 M R
eggs and egg dishes	7 6 5 4 3 2 1 M R
cheese, cheese spread and cheese dishes	7 6 5 4 3 2 1 M R
nuts, including peanut butter	7 6 5 4 3 2 1 M R
dried peas, beans, baked beans or legumes	7 6 5 4 3 2 1 M R

VEGETABLES AND FRUIT

	No. days /week
Green and/or yellow vegetables	7 6 5 4 3 2 1 M R
potatoes	7 6 5 4 3 2 1 M R
fresh fruit	7 6 5 4 3 2 1 M R
canned fruit	7 6 5 4 3 2 1 M R
dried fruit (raisins, prunes, dates)	7 6 5 4 3 2 1 M R
fresh fruit juice (Ceres, Liquidfruit)	7 6 5 4 3 2 1 M R

Name some of the vegetables he/she has eaten this past week

Does he/she eat his/her vegetables most frequently cooked or raw? cooked

Does he/she mainly eat his/her potatoes as boiled, baked in jacket, mashed, roasted or as chips?

What types of fresh fruit has he/she eaten this past week?

FATS AND OILS

	No. days/week
oil/butter/margarine	7 6 5 4 3 2 1 M R
salad dressing/mayonnaise	7 6 5 4 3 2 1 M R
cream	7 6 5 4 3 2 1 M R
non dairy creamers (Cremora)	7 6 5 4 3 2 1 M R
Ice-cream	7 6 5 4 3 2 1 M R

Please estimate, on average, the total amount of butter or margarine your child has on his/her bread per day. 1/2 tsp.

How much oil/margarine/fat do you use in cooking his/her food per day 1/2 tsp.

	No. of days/week
How often do you fry his/her food	7 6 5 4 3 2 1 M R

MILK AND MILK PRODUCTS

	No. days/week
milk	7 6 5 4 3 2 1 M R
yoghurt - plain	7 6 5 4 3 2 1 M R
- flavoured	7 6 5 4 3 2 1 M R
milo/Mesquick/cocoa/Horlicks	7 6 5 4 3 2 1 M R
custard	7 6 5 4 3 2 1 M R

Please estimate, on average, how much milk your child has per day, including that on cereal, in tea or coffee and milk drinks ml or cups

What type/s of milk does he/she usually have:
full-cream _____
low-fat (2% fat) _____
skimmed _____
condensed _____

MISCELLANEOUS

Please estimate how many teaspoons of sugar your child has, in total, per day? tsp. (in tea/coffee/milk drinks, on cereal/porridge, added to vegetables)

	No. days/week
sweets (sucking/jelly type/fudge/toffee)	7 6 5 4 3 2 1 M R
chocolates/chocolate bars	7 6 5 4 3 2 1 M R
jam, syrup, honey	7 6 5 4 3 2 1 M R
jelly	7 6 5 4 3 2 1 M R
sweet biscuits,cakes, pastries, doughnuts, tarts, scones, crumpets	7 6 5 4 3 2 1 M R
crisps	7 6 5 4 3 2 1 M R
popcorn (plain or candied)	7 6 5 4 3 2 1 M R
puddings (trifle, baked puddings etc.)	7 6 5 4 3 2 1 M R
coldrinks (Coke, Panta etc) or cordials	7 6 5 4 3 2 1 M R
- sweetened	7 6 5 4 3 2 1 M R
- diet	7 6 5 4 3 2 1 M R
No. days/week	

	No. days/week
tea	7 6 5 4 3 2 1 M R
coffee	7 6 5 4 3 2 1 M R
spreads (bovril, marmite, fish paste, sandwich)	7 6 5 4 3 2 1 M R

How many meals does he/she eat per day ie. breakfast, lunch and/or dinner? _____

How many inbetween meal snacks does he/she eat per day ie. mid-morning, mid-afternoon and or late evening?
eg. If your child has a sweet half an hour after a meal consider it 1 inbetween meal snack. If he/she has a fruit juice an hour after a meal and then an hour later has a sandwich consider that 2 inbetween meal snacks).

SECTION B

Please indicate in **Section B** how many **portions** of the following food groups your child ate **yesterday** by circling the appropriate number.

Eg. If he/she had **1 egg** for breakfast, **cheese** for lunch and **chicken** for dinner, ring 3 for number 2.
 If he/she had **cereal** and **1 slice of toast** for breakfast, a sandwich for lunch (**2 slices of bread**) and **rice** for dinner, ring 5 for number 6.

	No. Portions yesterday										
	1	2	3	4	5	6	7	8	9	10	
1. milk, yoghurt (1portion = 1cup/200ml)											
2. meat/fish/chicken/cheese/eggs/nuts/legumes	1	2	3	4	5	6	7	8	9	10	
3. Fruit/fruit juice	1	2	3	4	5	6	7	8	9	10	
4. vegetables (green and yellow)	1	2	3	4	5	6	7	8	9	10	
5. potatoes	1	2	3	4	5	6	7	8	9	10	
6. bread/cereal/porridge/rice/pasta/maize meal/samp/mielle rice	1	2	3	4	5	6	7	8	9	10	
7. oil/butter/margarine/cream/non dairy creamers/salad dressings (1portion =1tspn)	1	2	3	4	5	6	7	8	9	10	

Were these number of portions typical of what he/she would normally consume on an average day?

Yes _____ No _____

If you answered No, was the difference due to:

illness _____

a party _____

eating out _____

other reasons _____