

NUTRITION SURVEY

**This is a survey, not a test. Your answers will help
~~identify which dietary advice people find confusing.~~**

It is important that you complete it by yourself.

Your answers will remain anonymous.

**If you do not know the answer, mark “not sure”
rather than guess.**

Thank you for your time.

amount, or less of these foods? (*tick one box per food*)

More Same Less Not
Sure

1. Do you think these are **high or low in added sugar?** (*tick one box per food*)

	High	Low	Not Sure
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Unflavoured yoghurt

Orange squash

High fibre
foods

Tinned fruit in
natural juice

Dairy foods

2. How many servings of fruit and vegetables a day do you think experts are advising people to eat? (if one serving could be, for example, 20g)

(*tick one box per food*)

	High	Low	Not Sure
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Low fat spread

- (c) mixture of full fat and lower fat
- (d) neither, dairy foods should be cut out
- (e) not sure

margarine

3. Do you think experts put these in the **starchy** foods group? (tick one box per food)

	Yes	No	Not Sure
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6. Do you think these are **high or low in** fibre/roughage? (tick one box per food)

	High	Low	Not Sure
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Pasta			
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Dananas			
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Nuts			
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Red Meat			
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Porridge			
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Nuts			
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Whole milk			
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	High	Low	Not Sure
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Chocolate			
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Cheese			
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8. Some foods contain a lot of fat but no

(c) not sure			
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9. Do you think experts call these a healthy

15. Which of these breads contain the most vitamins and minerals? (tick one)

	Yes	No	Not Sure
Luncheon meat			
Nuts			
Quiche			

- (b) brown
- (c) wholegrain
- (d) not sure

butter or regular margarine? (tick one)

- (c) both the same

10. A glass of unsweetened fruit juice counts as a helping of fruit.
- (a) agree
 - (b) disagree
 - (c) not sure

11. Saturated fats are mainly found in: (tick one)
- (a) vegetable oils
 - (b) dairy products
 - (c) both (a) and (b)
 - (d) not sure

12. Brown sugar is a healthy alternative to white sugar.
- (a) agree
 - (b) disagree
 - (c) not sure

17. A type of oil which contains mostly monounsaturated fat is: (tick one)

- (a) coconut oil
- (b) sunflower oil
- (c) olive oil
- (d) palm oil
- (e) not sure

18. There is more calcium in a glass of whole milk than a glass of skimmed milk.

- (a) agree
- (b) disagree
- (c) not sure

19. Which one of the following has the most calories for the same weight? (tick one)

- (a) sugar
- (b) starchy foods
- (c) fibre/roughage
- (d) fat
- (e) not sure

13. There is more protein in a glass of whole milk than in a glass of skimmed milk.

- (c) not sure

20. Harder fats contain more: (tick one)

- (c) saturates
- (d) not sure

14. Polyunsaturated margarine contains less fat than butter.

- (a) agree
- (b) disagree
- (c) not sure

21. Polyunsaturated fats are mainly found in: (tick one)

- (a) vegetable oils
- (b) dairy products
- (c) both (a) and (b)

- (a) steak, grilled
- (b) sausages, grilled
- (c) turkey, grilled

1. Which would be the best choice for a low fat, high fibre snack? (tick one)

- (a) diet strawberry yoghurt
- (b) raisins
- (c) muesli bar
- (d) wholemeal crackers and cheddar cheese

- (a) honey on toast
- (b) a cereal snack bar
- (c) plain Digestive biscuit
- (d) banana with plain yoghurt

2. Which would be the best choice for a low fat,

- (a) grilled chicken
- (b) cheese on wholemeal toast
- (c) beans on wholemeal toast
- (d) quiche

8. Which of these would be the healthiest pudding? (tick one)

- (a) baked apple
- (b) strawberry yoghurt
- (c) wholemeal crackers and cheddar

3. Which kind of sandwich do you think is healthier? (tick one)

- (a) thin slice of cheddar cheese filling
- (b) two thin slices of bread with a thick slice of cheddar cheese filling

- (d) carrot cake with cream cheese topping

9. Which cheese would be the best choice as a lower fat option? (tick one)

- (a) plain cream cheese
- (d) Stilton

4. Many people eat spaghetti bolognese (pasta with a tomato and meat sauce). Which do you think is healthier? (tick one)

- (a) a large amount of pasta with a little sauce on top
- (b) a small amount of pasta with a lot of sauce on top

... person wanted to reduce the amount of salt in their diet, which would be the best choice? (tick one)

- (a) ready made frozen shepherd's pie
- (b) gammon with pineapple
- (c) mushroom omelette
- (d) stir fry vegetables with soy sauce

1. Are you aware of any major health problems or diseases that are related to a low intake of fruit and vegetables?

- (a) yes
- (b) no
- (c) not sure

If yes, what diseases or health problems do you think are related to a low intake of fruit and vegetables?

[Handwritten mark] _____

- (a) yes
- (b) no
- (c) not sure

If yes, what diseases or health problems do

[Handwritten mark] _____

5. Are you aware of any major health problems

2. Are you aware of any major health problems or diseases that are related to a low intake of fibre?

- (a) yes
- (b) no
- (c) not sure

- (a) yes
- (b) no
- (c) not sure

If yes, what diseases or health problems do you think are related to fat?

[Handwritten mark] _____

[Handwritten mark] _____

2. Are you aware of any major health problems

6. Do you think these help to reduce the chances of getting certain kinds of cancer? (answer each one)

Yes No Not Sure

- (a) yes

preservatives/additives

Yes No Not
Sure

fat

eating more fruit and
vegetables

(b) 18 - 24

(c) 25 - 34

(g) 65 - 74

(h) more than 75

people's blood cholesterol level: (tick one)

- (a) antioxidants
- (b) polyunsaturated fats
- (c) saturated fats
- (d) cholesterol in the diet
- (e) not sure

9. Have you heard of antioxidant vitamins?

- (a) yes
- (b) no

10. If YES to question 9, do you think these are antioxidant vitamins? (answer each one)

Yes No Not
Sure

3. Are you:

- (a) single
- (b) married
- (c) living as married
- (d) separated
- (e) divorced
- (f) widowed

4. What is your ethnic origin?

- (a) White
- (b) Black Caribbean
- (c) Black African
- (d) Black other
- (e) Indian
- (f) Pakistani
- (g) Bangladeshi

vitamin K

PLEASE TURN OVER

5. Do you have any children?
- (a) No
 - (b) 1
 - (c) 2
 - (d) 3
 - (e) 4
 - (f) more than 4

6. Do you have any children, under 18 years, living with you?
- (a) Yes
 - (b) No

7. What is the highest level of education you have completed?
- (a) primary school
 - (b) secondary school
 - (c) O levels / GCSEs
 - (d) A levels
 - (e) Technical or Trade Certificate
 - (f) Diploma
 - (g) Degree
 - (h) Post-graduate degree

8. Do you have any health or nutrition related qualifications?
- (a) Yes
Please specify:

 - (b) No

9. What is your job? If you are not working (specify).

10. If you have a partner, what is his/her job? If ~~he/she is not working, say job of his/herself~~

11. Are you currently:
- (a) employed full time
 - (b) employed part time
 - (c) unemployed
 - (d) full time homemaker
 - (e) retired
 - (f) student
 - (g) disabled or too ill to work

12. Are you on a special diet?
- (a) Yes
Please specify:

 - (b) No

THE END

Thank you very much for your time.

If there are any comments you would like to make about this questionnaire, please do so below, they would be very welcome.

