Answer every main question. Answer every supplementary question (If Yes or if No) as indicated by arrows.
Tick boxes. Enter all dates as dd/mm/yyyy
Enter * if data will never be available. Enter 77 if participant responds ‘don’t know’

1. **Fruit and vegetable consumption**
   1.01 ___ In a typical week, on how many days do you eat fruit? (Number of days)
   1.02 ___ How many servings of fruit do you eat on one of those days? (Number of servings)
   1.03 ___ In a typical week, on how many days do you eat vegetables? (Number of days)
   1.04 ___ How many servings of vegetables do you eat on one of those days? (Number of servings)

2. **Fish consumption**
   2.01 ___ In a typical week how many grams of fish do you eat in a typical week? (1 serving is about 150g)

3. **Oil and fat consumption**
   3.01 ___ What type of oil or fat is most often used for cooking in your household?
       - Vegetable oil
       - Lard or suet
       - Butter
       - Margarine
       - Ghee
       - Olive Oil
       - Other, please specify ____________________

   3.02 ___ What type of oil or spread is most often used on your bread/toast?
       - None
       - Vegetable
       - Margarine
       - Cholesterol-lowering spread, e.g. Proactiv®
       - Other, please specify ____________________

   3.03 ___ How many slices of ‘buttered’ bread or toast do you eat per week?

4. **Place of preparation**
   4.01 ___ On average, how many meals per week do you eat that were not prepared at a home?
       By meals I mean breakfast, lunch and dinner

5. **Salt intake behaviours**
   Yes No
   5.01 ___ Do you do anything on a regular basis to control your salt/sodium intake?
   5.02 ___ Avoid/minimize processed foods
   5.03 ___ Look at the salt/sodium labels on foods
   5.04 ___ Do not add salt to food at the table
   5.05 ___ Buy low salt alternatives
   5.06 ___ Buy low sodium alternatives
   5.07 ___ Do not add salt when cooking
   5.08 ___ Use spices other than salt when cooking
   5.09 ___ Avoid eating out
   5.10 ___ Other, please specify ____________________