

General Nutrition Knowledge Questionnaire (AUS-R)

Section 1: The first items in this questionnaire are about the Australian Dietary Guidelines

If someone has a Body Mass Index (BMI) of 23kg/m², what would their weight status be? (tick one)

- Underweight
- Healthy weight
- Overweight
- Obese
- Not sure

If someone has a Body Mass Index (BMI) of 31kg/m², what would their weight status be? (tick one)

- Underweight
- Healthy weight
- Overweight
- Obese
- Not sure

If you are a male with a waist measurement of 90cm, is your health at risk? (tick one)

- Yes
- No
- Not sure

How many servings of fruits and vegetables a day do the Australian Dietary Guidelines recommend? (fill in the blank)

Fruit

.....

Vegetables

.....

Do the Australian Dietary Guidelines recommend that people should enjoy or limit the following foods? (answer each row)

	Enjoy	Limit	Not Sure
Vegetables	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fruits	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sugary foods and drinks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wholegrains	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Processed meats	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Milk, Yoghurt and Cheese	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Foods with saturated fats	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Foods with added salt	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How many times per week do the Australian Dietary Guidelines recommend that people eat fish? (eg. salmon and tuna)? (tick one)

- 1-3 times per week
- 3-5 times per week
- Every day
- Not sure

How many cups and/or litres of water do the Australian Dietary Guidelines recommend for females? (tick one)

- 6-8 cups (1.5L-2L)
- 8-10 cups (2L-2.5L)
- 10-12 cups (2.5L-3L)
- 12-14 cups (3L-3.5L)
- Not sure

How many standard alcoholic drinks do the Australian Dietary Guidelines recommend per day, to reduce the lifetime risk of harm from alcohol-related disease or injury? (tick one)

- No more than two standard drinks
- No more than three standard drinks
- No more than four standard drinks
- Not sure

Is exclusive breastfeeding encouraged by the Australian Dietary Guidelines until around 6 months of age? (tick one)

- True
- False
- Not sure

Micro-organisms that cause food poisoning grow between which temperatures? (tick one)

- Below 5 degrees celsius
- 20-40 degrees celsius
- 5-60 degrees celsius
- Above 75 degrees celsius
- Not sure

Section 2: The next set of items in this questionnaire are related to food groups and the nutrients they contain

Which one of the following has the most kilojoules for the same weight of food? (tick one)

- Sugar
- Alcohol
- Fibre
- Fat
- Not sure

Which of the following foods are high or low in protein? (answer each row)

	High	Low	Not sure
Beef	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chicken	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fruit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dairy milk	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Green leafy vegetables	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Which is the main type of fat present in each of these foods? (answer each row)

	Transfat	Saturated fat	Monounsaturated fat	Polyunsaturated fat	Not sure
Olive oil	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Butter	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sunflower oil	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eggs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Vegetable oil	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Biscuits, cakes and pastries	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Salmon	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Red meat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Coconut oil	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Which of the following are high carbohydrate foods? (tick all that apply)

- Cheese
- Nuts
- Rice
- Bread/bread rolls
- Corn
- Potatoes
- Not sure

Which of the following foods are typically high or low in fibre? (answer each row)			
	High	Low	Not sure
Cornflakes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bananas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eggs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Red meat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Broccoli	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nuts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fish	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Baked potatoes with skin	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chicken	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Baked beans	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please identify which foods in this list are a good source of the following vitamins and/or minerals? (answer each row)				
	Calcium	Iron	Vitamin C	Not sure
Capsicum	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lamb	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tofu	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wheat breakfast cereals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Broccoli	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cows milk	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Oranges	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Salmon	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Vegemite	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Which of the following foods are typically high or low in salt? (answer each row)			
	High	Low	Not sure
Frozen vegetables	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bread	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Red meat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pasta	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Poultry	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cheese	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ham	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dried fruit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Brown sugar is a healthy alternative to white sugar (tick one)

True

False

Not sure

Which of the following foods are high or low in added sugar? (answer each row)			
	High	Low	Not sure
Ice cream	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Apples	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tomato sauce (ketchup)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fruit bar	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hazelnut spread	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Natural greek yoghurt	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Section 3: The third section is about knowledge of food choices

Which of the following burgers on the menu has the most kilojoules? (tick one) (Victoria Health, 2018)

Cheese burger

Veggie burger

Chicken burger

Double cheese burger

Not sure

Which one of the following two products (products A and B) has the most kilojoules (kJ) per 100 grams? (tick one) Product A Product B

- Product A
- Product B
- Other

In relation to the Health Star Rating; if a food product has less than one star, what would this mean? (tick one)

- Unhealthy compared to similar foods
- Healthy compared to similar foods
- Unhealthy compared to all foods
- Healthy compared to all foods
- Not sure

In relation to the Health Star Rating; which would be the healthiest option between the two products? (tick one) Product A Product B

- Product A
- Product B
- Not sure

One healthy way to add flavour to food without adding extra fat or salt is to add? (tick one)

- Coconut milk
- Herbs and spices
- Soy sauce
- Not sure

From the list below, which option would be the healthiest most balanced lunch? (tick one)

- Ham sandwich + fruit + blueberry muffin + fruit juice
- Tuna salad sandwich + fruit + yogurt + water
- Egg salad sandwich + hot chips + yoghurt + water
- Not sure

Which of the following options would be the healthiest most balanced choice for a main meal? (tick one)

- Steak with added butter mashed potatoes and three vegetables
- Beef spaghetti bolognaise
- Grilled fish with no added butter mashed potatoes and three vegetables
- Beef casserole with white rice and two vegetables
- Not sure

Which of the following meals would typically be lower in sodium? (tick one)

- Frozen shepherd's pie
- Store bought fish and chips
- Mushroom omelette
- Stir fry vegetables with soy sauce

If a person felt like something sweet but was trying to reduce their consumption of foods high in sugar, which would be the best choice? (tick one)

- Honey on toast
- Muesli bar
- Plain sweet biscuit
- Banana with plain yoghurt
- Not sure

If a person wanted to buy a yoghurt at the supermarket, which would have the least added sugar? (tick one)

- 0% fat cherry yoghurt
- Natural yoghurt
- Creamy fruit yoghurt
- Not sure

Section 4: The fourth section is about the relationship between diet and disease

Which of these body shapes (apple shape or pear shape) increases the risk of cardiovascular disease? (Cardiovascular disease is a term used to describe all diseases of the heart and blood vessels) (tick one)

- Apple shape
- Pear shape
- Not sure

Which of the following major health problems or diseases is related to a low intake of fruits and vegetables? (tick all that apply)

Cancer

Heart disease

Bowel disorders

Tooth decay

Not sure

Do the following foods help to prevent heart disease? (answer each row)

	Yes	No	Not sure
Fruits and vegetables	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Protein	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wholegrains	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Saturated fat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Gluten	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Which of these diseases is related to low fibre intake? (tick one)

Bowel disorders

Anaemia

Tooth decay

Not sure

Would eating a diet with the following increase or decrease your risk of cardiovascular disease? (tick all that apply)

	Increase	Decrease	Not sure
Saturated fats	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wholegrain cereals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fish	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Added salt	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Polyunsaturated fats	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Monounsaturated fats	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Which of the following foods help to reduce your risk of certain kinds of cancer? (answer each row)			
	Yes	No	Not sure
Vegetables	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Alcohol	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Legumes/beans	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Red meat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fruit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Milk	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

What diseases or health problems are related to the type and amount of fat people eat? (answer each row)			
	Yes	No	Not sure
Obesity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tooth decay	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Heart disease	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
High blood pressure	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Which of the following diseases are related to how much sugar people eat? (answer each row)			
	Yes	No	Not sure
Obesity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
High blood pressure	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tooth decay	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Anaemia	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Which of the following foods is most likely to raise people's blood cholesterol? (answer each row)			
	Yes	No	Not sure
Eggs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Alcohol	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Soy foods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nuts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Saturated fat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Section 5: These questions relate to information about yourself

How would you identify yourself as?

Male

Female

Other

.....

How old are you? (tick one)

Less than 18

18-24

25-34

35-44

45-54

55-64

65-74

More than 74

Are you of Aboriginal or Torres Strait Islander origin? (tick all that apply)

Yes, Aboriginal

Yes, Torres Strait Islander

Yes, Aboriginal and Torres Strait Islander

No

What is your most recent ancestry? (tick all that apply)

- Australian
- English
- Irish
- Scottish
- Italian
- German
- Chinese
- Japanese
- Greek
- Vietnamese
- Hmong
- Kurdish
- Maori
- Lebanese
- Australian South Sea Islander
- Other

Last week, did you have a job of any kind? (tick one)

- Yes, worked for payment or profit
- Yes, but on holidays, paid leave, strike or temporarily stood down
- Yes, unpaid work in a family business
- Yes, other unpaid work
- No, did not have a job

What is the highest level of education you have completed? (tick one)

- Primary school
- Secondary/High school
- Trade or other certificate
- Diploma
- Degree
- Post-graduate degree

Are you currently studying for, or have obtained a nutrition related qualification? (tick one)

- Yes
- No

Do you avoid any particular foods because of diagnosed food allergies or intolerances? (tick all that apply)

- Eggs
- Dairy or cows milk
- Peanuts
- Fish
- Shellfish
- Tree nuts
- Soy
- Gluten (eg. wheat, oats, barley, rye, yeast)
- No food allergies or intolerances

Other

.....

Do you avoid any particular foods for cultural, religious or ethical reasons? (tick all that apply)

- Meat
- Fish
- Poultry
- Pork
- Dairy
- Haram
- Beef
- Eggs
- All animal products
- No food avoidance

Other

.....

In general, would you say your health is excellent, very good, good, fair or poor? (tick one)

- Excellent
- Very good
- Good
- Fair
- Poor