

## Food Frequency Questionnaire for Vitamin D Intake

Please complete the FFQ by ticking the relevant box for the correct frequency that you consume the food item listed. Portion size is listed either within the heading or in the column next to the food item.

Do not report any foods that are not itemised in the questionnaire.

FOODS AND AMOUNTS	PORTION SIZE	FREQUENCY OF CONSUMPTION							
		Never/less than monthly	Monthly	1 per week	2 per week	3 per week	4-5 per week	Daily	2 per day
<b>PASTA</b>									
Egg noodles	Medium								
<b>BREAKFAST CEREALS</b>									
Bran type cereal, fortified	One medium bowl								
Bran flakes, fortified	One medium bowl								
Cornflakes, fortified	One medium bowl								
Cornflakes frosted, fortified	One medium bowl								
Honey loops and hoops, fortified	One medium bowl								
Malted flake cereal, fortified	One medium bowl								
Malted wheat cereal, fortified	One medium bowl								

FOODS AND AMOUNTS	PORTION SIZE	FREQUENCY OF CONSUMPTION							
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Oat cereal, instant, plain, fortified	One medium bowl								
Rice cereal, toasted crisp, fortified	One medium bowl								
Rice cereal chocolate flavour, fortified	One medium bowl								
<b>MILK AND CREAM</b>									
Cream	Average serving								
Evaporated milk	Tablespoon								
<b>EGG AND EGG DISHES</b>									
Whole egg	One egg								
Omelette	One egg								
Quiche	Medium slice								
<b>CHEESE</b>									
Brie	Medium portion								

FOODS AND AMOUNTS	PORTION SIZE	FREQUENCY OF CONSUMPTION							
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Camembert	Medium portion								
Cheddar	Medium portion								
Cheddar type 30% fat	Medium portion								
Cheese spread	Medium portion								
Danish blue	Medium portion								
Double Gloucester	Medium portion								
Edam	Medium portion								
Feta	Medium portion								
Goats cheese	Medium portion								
Gouda or Halloumi	Medium portion								
Mascarpone	Medium portion								
Mozzarella	Medium portion								
Parmesan	Medium portion								

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Processed cheese	Medium portion								
Red Leicester	Medium portion								
Spreadable cheese	Medium portion								
Stilton blue	Medium portion								
Wensleydale	Medium portion								
<b>YOGHURTS</b>									
Greek yoghurt	One pot								
Low fat yoghurt	One pot								
Soya yoghurt	One pot								
<b>MEAT AND MEAT PRODUCTS</b>									
Bacon	As part of a meal								
Beef and Veal	As part of a meal								
Lamb	As part of a meal								

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Pork	As part of a meal								
Chicken	As part of a meal								
Turkey	As part of a meal								
Liver	As part of a meal								
Home cooked burger	As part of a meal								
Takeaway burger	As part of a meal								
Black pudding	As part of a meal								
Pâté	As part of a meal								
<b>DESSERTS AND SWEET ITEMS</b>									
Ice cream	Medium scoop								
Shortbread	One piece								
Cake bars	One								
Chocolate cake	One slice								

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Fruitcake, homemade	One slice								
Sponge cake	One slice								
Eccles cake	One								
Éclairs, chocolate, cream filled	Medium portion								
Scotch pancakes	Medium portion								
Crumble	Medium portion								
Fudge, homemade	Size of snack bar								
<b>FISH</b>									
Herring	As part of a meal								
Kippers	As part of a meal								
Mackerel	As part of a meal								
Salmon	As part of a meal								
Wild salmon	As part of a meal								

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Canned salmon, pink	As part of a meal								
Canned salmon, red	As part of a meal								
Fresh sardines	As part of a meal								
Canned sardines	As part of a meal								
Trout, baked	As part of a meal								
Tuna, baked	As part of a meal								
Tuna, canned	As part of a meal								
Molluscs	As part of a meal								
<b>DRINKS</b>									
Horlicks powder	One serving								
<b>SAUCES</b>									
Cream based dressings eg thousand island/blue cheese	For one salad								

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Tartare sauce	For one meal								
Pesto, green	For one meal								



FOODS AND AMOUNTS	Mugs per week	Glasses per week	On cereal per week	Within tea/coffee per week
<b>MILK AND CREAM</b>				
Soya, non-dairy alternative to milk, sweetened,				
Soya milk, unsweetened, fortified				
Dried skimmed milk				
<b>BUTTER AND SPREADS</b>	<b>Please state number of servings <u>per week</u> - equivalent to amount for spreading on slice of bread</b>			
Butter spread				
Fat spread, reduced fat				
Fat spread, low fat				
Margarine				
<b>VITAMINS AND SUPPLEMENTS</b>	<b>Full name</b> e.g. Multibionta 50+ multivitamins; Seven Seas Cod Liver Oil; Asda Folic Acid	<b>Dose</b> e.g. 1000mg; 10µg; 400IU	<b>Amount taken</b> e.g. 1 capsule, 1 teaspoon (5ml)	<b>How Often</b> eg. once a day, three times a day
Supplement 1				
Supplement 2				
Supplement 3				