SMILE Food Frequency Questionnaire

INSTRUCTIONS

This questionnaire asks you to describe your child's usual intake of food. Please read and follow these instructions carefully.

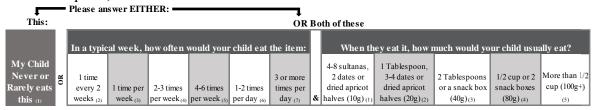
This questionnaire:

- is designed to find out what your child *usually* eats and drinks, but only for certain food types. It does not ask about every food your child eats.
- looks at current, usual eating habits of your child. We are interested in foods and drinks that are consumed regularly (i.e. more than once per week).
- is meant to collect information about each food ONCE only. Occasionally you may find that some foods could fit into two categories but please include it in just one.

How to fill in this section

This section asks **how often** your child eats certain foods, and **how much** they eat when they do.

For example, if your child eats plain dried fruit 5 days per week, and when they do they usually eat about 1 tablespoon, fill in the table like this:

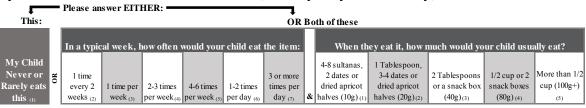


Dried Fruit: Plain (2)

e.g. sultanas, dried mango, apricot etc. Do NOT include fruit bars or fruit leather



And, if your child doesn't eat coated dried fruit, or only very occasionally, fill it in like this:



Dried Fruit: Coated (1)

in chocolate, carob, yoghurt etc



Please note

Please provide your answers for a typical week – rather than what your child ate in the last 7 days, think about their usual intake. Where possible, include foods your child eats while in the care of others, for example at childcare or with relatives. Although some toddlers are messy or fussy eaters, please try to answer based on how much your child actually eats, rather than what is served to them.

Please try to answer as accurately and honestly as possible. There are no right or wrong answers. You may find it easier to complete this section when you have time to look at foods inside your fridge or pantry!

Milk and Milk Alternatives

In this section:

Milk refers to any animal milk (cow, sheep, goat) in any form (fresh, powdered, long-life etc)
Milk Alternatives refer to any plant based milks (soy, rice, oat, almond etc)

•	Please answer EITHER:														
This:	OR Both of these														
	In a typic	al week, h	ow often v	would your	child eat	the item:		Wh	en they ea	t it, how n	nuch would	l your chil	d usually e	eat?	
My Child									125mL;	200mL: A small cup	250mL: A medium	350mL: A	450mL: A very large	600mL: A carton or	
Never or 🛎	1 time					3 or more		A few sips	Half a cup	(eg sippee)		large cup	cup or	soft-drink	
Rarely eats	every 2	1 time per	2-3 times	4-6 times	1-2 times	times per		(less than	or baby	or baby	baby	or baby	baby	sized	
this (1)	weeks (2)	week (3)	per week (4)	per week (5)	per day (6)	day (7)	&	50ml) ₍₁₎	bottle (2)	bottle (3)	bottle (4)	bottle (5)	bottle (6)	bottle (7)	
Flavoured Milk (1)															
Includes choc-milk, strawberry milk etc, plus milkshakes and other café milk drinks. Do NOT include plain milk that you add flavour to															
O 8	0	0	0	O	0	O	&	O	O	0	0	0	O	0	
Regular Milk (plain, u															
Include ALL plain milk co	Include ALL plain milk consumed, including milk given as a drink (with or without additions), added in cooking or when served														
• ಕ	<u> </u>	0	0	0	<u> </u>	O	&	0	0	0	0	0	O	0	
Flavoured Milk Altern	atives (3)														
Includes soy and other alto	ernative mi	lk products	purchased	lflavoured	with choco	olate, straw	ber	ry etc, plus	s milkshake	es and othe	r café item	s ordered v	vith milk a	lternatives	
o 8	0	0	0	O	0	O	&	O	0	0	0	0	O	0	
Regular Milk Alternat	ives (plaiı	n, unflavo	oured) (4)												
Include ALL plain milk al	ternatives of	consumed,	including 1	nilk given	as a drink,	added in c	ook	ing or whe	en served						
o 8	0	O	0	O	0	O	&	O	O	0	0	0	O	0	
Infant Formula and To	Infant Formula and Toddler Milk (all types) (5)														
Include ALL formulations	for infants	or toddler	s, including	g regular st	ep 1-4 pow	vders, regu	lar a	and special	formulation	ons, made f	from milk o	or milk alte	rnatives.		
• 8	O	0	0	O	0	O	&	O	O	О	O	O	O	O	

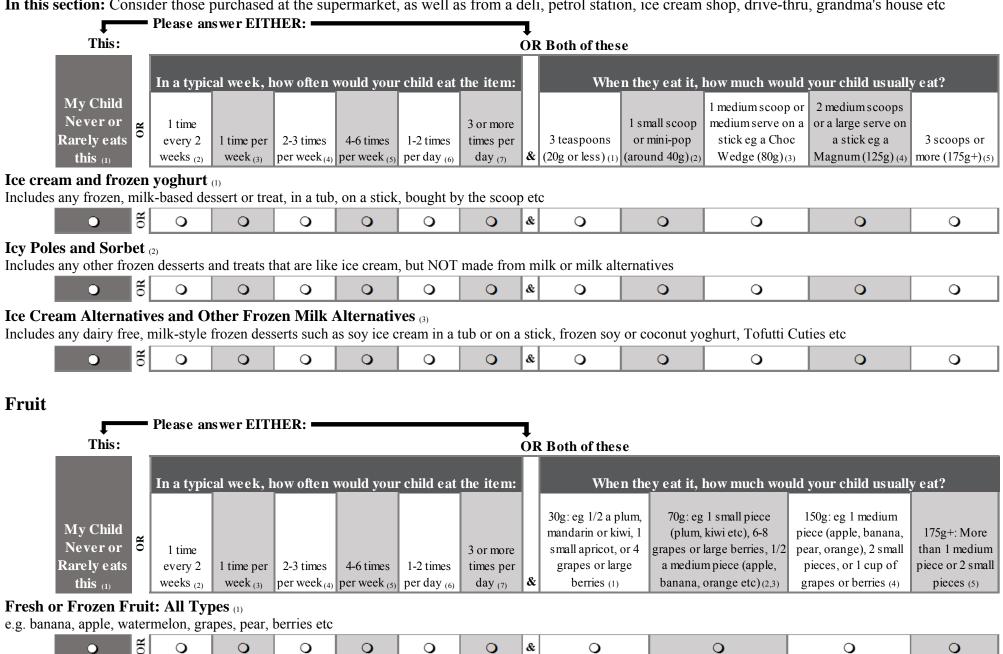
Condensed and Evaporated Milk Please answer EITHER: -OR Both of these This: In a typical week, how often would your child eat the item: When they eat it, how much would your child usually eat? My Child 2 3 1/4 1/2 3/4 Never or 1 or more 1 time 3 or more **Tablespoons** Tin teaspoons Rarely eats tins everv 2 1 time per 2-3 times 4-6 times times per 1-2 times & (5mL) (1) (10mL) (2) (15mL) (3) (20mL) (4) (40mL) (5) (60mL) (6) (100mL) (7) (200mL) (8) (300mL) (9) (400mL+) (100mL+) this (1) week (3) per week (4) per week (5) per day (6) day (7) weeks (2) Condensed Milk (1) & О О O О \mathbf{O} О \mathbf{O} \mathbf{O} 0 O О \mathbf{O} $^{\circ}$ \mathbf{O} О O Evaporated Milk (2) 0 O O O О О 0 & 0 0 0 O О O Cheese Please answer EITHER: = OR Both of these This: In a typical week, how often would your child eat the item: When they eat it, how much would your child usually eat? My Child I small square 20g: 40g: 70g: 100g: 120g: Never or e 1 time 3 or more or smear 1 single serve 2 slices or 3-4 slices or 5 slices or 6 slices or 1 150g+: 3/4 of a cup, cup, grated More than Rarely eats every 2 1 time per | 2-3 times 4-6 times 1-2 times times per (enough for 1 portion, slice or 4 (1cm) half a cup, 2 (1cm) cubes (2) week (3) per week (4) per week (5) per day (6) cracker) (1) cubes (3) 6 slices (7) this (1) weeks (2) day (7) grated (4) grated (5) **Cream Cheese or Ricotta** (1) Include individually wrapped cream cheese such as Laughing Cow & O O 0 O O 0 O O O 0 Other Soft Cheeses (2) Including feta, brie etc O O O O O & 0 0 0 0 O O O Hard Cheese (3) Include cheddar, tasty, mozzarella, grated cheese blends, cheese sticks, single wrapped slices etc O & O O \mathbf{O} \mathbf{O} \mathbf{O} 0 0 0 \mathbf{O} \mathbf{O} \mathbf{O} \mathbf{O} **Cheese Alternatives: Any Type** (4) Include any kind of hard or soft cheese alternative, Notzarella, Tofutti, soy cheese etc O.R. & 0 O O O 0 \mathbf{O} 0 0 0 \mathbf{O} 0 0 0

Yoghurt Please answer EITHER: This: OR Both of these In a typical week, how often would your child eat the item: When they eat it, how much would your child usually eat? My Child 2-3 More than 1/2 1 cup, more Less than 1/2 2/3 cup, a N N Never or 1 time 3 or more 3 teaspoons Tablespoons, cup, or 1 junior cup, or a regular tub than a regular Rarely eats (20mL or less) a small pouch tub or regular medium tub (adult tub) tub (250mL+) every 2 1 time per 2-3 times 4-6 times 1-2 times times per pouch (100mL)₍₃₎ $(200 \text{mL})_{(5)}$ (150mL)₍₄₎ this (1) weeks (2) week (3) per week (4) per week (5) per day (6) day (7) $(60 \text{mL})_{(2)}$ (1) (6) Children's Yoghurt (1) Anything with a cartoon character on the package, &/or yoghurt sold in a mini tub, pouch, stick etc 0 0 \mathbf{O} 0 O O & 0 0 O 0 \mathbf{O} 0 Plain or Natural Yoghurt (2) Anything that is not flavoured 0 O O O 0 & 0 0 0 0 O 0 Fruit Flavoured Yoghurt (3) e.g. strawberry, banana, fruits of the forest, coconut, apricot etc OR 0 0 & 0 0 0 O O \mathbf{O} O 0 0 0 Any Other Flavoured Yoghurt (4) e.g. vanilla, honey, French cheesecake etc 8 & O O 0 \mathbf{O} O O O O \mathbf{O} 0 O \mathbf{O} **Probiotic Yoghurt Drinks** (5) e.g. Yakult, Vaalia Innergy, Coles Pro-B etc 0 O O 0 & 0 0 0 \mathbf{O} \mathbf{O} \mathbf{O} 0 \mathbf{O} **Yoghurt Alternatives: Flavoured** (6) Yoghurt made from soy, coconut or other plant-based milk alternatives; include fruit flavours and dessert styles, such as mixed berry, mango, vanilla etc 0 0 \mathbf{O} O O 0 & O 0 \mathbf{O} 0 0 0 **Yoghurt Alternatives: Plain** (7) Yoghurt made from soy, coconut or other plant-based milk alternatives; include any plain, natural or unflavoured types OR 0 0 0 & O O 0 0 0 0 0 O 0

If your child eats yoghurt,	do you ch	oose redu	ced fat ve	rsions?											
O Usually (1)															
O Sometimes (2)															
O Never or Rarely (3)															
O I don't know or my child does not eat yoghurt (4)															
Cream and Custard															
Please answer EITHER:															
This:	OR Both of these														
							П								
M Cl-11	In a typic	cal week, h	now often v	would your	child eat	the item:	Ш	When the		much would	your child us	sually eat?			
My Child Never or ~	1					2		2.4	2-3	1/2 cup, a					
Rarely eats	1 time every 2	1 time per	2-3 times	4-6 times	1-2 times	3 or more times per	Ш		Tablespoons, a small pouch	■ "	2/3 cup	1 cup or more			
this (1)	weeks (2)			per week (5)		day (7)	&	(1)	(60mL)(2)	(125mL) ₍₃₎	(200mL) (4)	(250mL+) ₍₅₎			
Cream or Sour Cream (1)															
Unsweetened varieties only															
o a	O	0	O	0	0	0	&	0	0	0	0	O			
Infant and Toddler Custar	d: Plain o	r Vanilla	Only (2)												
Usually found in the baby aisle	, or in singl	le-serve por	uches in the	fridge sect	ion										
• RO)	0	O	o	•	0	&	•	0	0	•	0			
Regular Custard: Plain or		•													
Include store-bought or home-n	nade custar	ds					_								
OR OR	<u> </u>	0	O	0	•	0	&	•	0	0	0	0			
	All Other Kinds of Flavoured Custard and Custard-like Desserts (4)														
e.g. YoGo, SnakPack, any choc	colate or ba	nana custar	d, sweetene	ed or sweet-	-flavoured	cream, cho	cola	ate mousse, b	aked custard e	etc					
o Ro	<u> </u>	0	0	•	0	0	&	0	0	0	•	0			
Other milk-based desserts (not frozen) (5)															
Such as rice pudding (store-bou	r e														
o ao	<u> </u>	O	<u> </u>	O	O	<u> </u>	&	<u> </u>	O	O	0	O			

Frozen Desserts

In this section: Consider those purchased at the supermarket, as well as from a deli, petrol station, ice cream shop, drive-thru, grandma's house etc



Dried Fruit Please answer EITHER: -This: OR Both of these In a typical week, how often would your child eat the item: When they eat it, how much would your child usually eat? My Child 1 Tablespoon, 4-8 sultanas. Never or More than 1/2 2 dates or 3-4 dates or 2 Tablespoons 1/2 cup or 2 1 time 3 or more cup (100g+) dried apricot Rarely eats dried apricot or a snack box snack boxes 2-3 times 4-6 times every 2 1 time per 1-2 times times per day (7) weeks (2) week (3) per week (4) per week (5) per day (6) & halves (10g) (1) halves (20g)₍₂₎ $(40g)_{(3)}$ $(80g)_{(4)}$ this (1) (5) **Dried Fruit: Coated** (1) in chocolate, carob, yoghurt etc 0 0 0 0 & 0 0 O \mathbf{O} O \mathbf{O} \mathbf{O} O **Dried Fruit: Plain** (2) e.g. sultana, dried mango, apricot etc. Do NOT include fruit bars or fruit leather 0 0 0 0 O & 0 0 0 O 0 O **Tinned Fruit** Please answer EITHER: This: OR Both of these In a typical week, how often would your child eat the item: When they eat it, how much would your child usually eat? 40g: My Child 20g: eg 2 apricot 80g: 160g: 200g: Never or 1 time 3 or more eg 1 peach halves or 1 eg 4 peach slices, 120g: eg 8 peach eg 3/4 cup, 240g: pineapple ring 4 apricot halves, eg 1/2 cup or slices, 2 pear Rarely eats every 2 1 time per | 2-3 times 4-6 times 1-2 times times per slice or 1/2 a regular eg 1 cup, 3 1 pear half₍₃₎ weeks (2) week (3) per week (4) per week (5) per day (6) day (7) & apricot half (1) 1 snack tub (4) halves (5) pear halves (7) this (1) Tinned Fruit: Whole or Pieces (1) not puree 0 0 & O 0 O O O 0 0 O 0 0 If your child eats tinned fruit, which do you usually choose? If your child eats tinned fruit, do they eat or drink the syrup or juice? 0 0 Usually (1) Fruit in syrup (1) Fruit in natural juice (2) 0 Sometimes (2) 0 Never or Rarely (3) Both types equally (3) 0 I don't know or my child does not eat tinned fruit (4) I don't know or my child does not eat tinned fruit (4)

Pureed Fruit and Vegetables Please answer EITHER: = This: OR Both of these In a typical week, how often would your child eat the item: When they eat it, how much would your child usually eat? My Child Never or Rarely eats 1 cup, 2 pouches 3 Tablespoons or 1/2 cup or 1 3/4 cup, 1.5 1 time 3 or more or baby jars or every 2 1 time per | 2-3 times 2 teaspoons 1-2 Tablespoons 1/2 a pouch or pouch or baby times per pouches 4-6 times 1-2 times this (1) weeks (2) week (3) per week (4) per week (5) per day (6) day (7) & (15g or less) (1) $(35g)_{(2)}$ baby $jar (65g)_{(3)}$ jar (120g) (4) $(200g)_{(5)}$ more (250g+)₍₆₎ **Toddler or Infant Fruit Puree** (1) Usually found in the baby aisle: sold in jars, pouches, tins etc O.R. & 0 0 0 0 0 0 0 0 0 0 0 **Toddler or Infant Vegetable Puree** (2) Usually found in the baby aisle: sold in jars, pouches, tins etc. OR & 0 0 0 O 0 0 0 0 0 \mathbf{O} 0 0 0 Fruit Puree: Other, Shop Bought (3) Not from the baby aisle OR & 0 0 O 0 \mathbf{O} 0 0 0 \mathbf{O} 0 0 0 Fruit Puree: Home-Made (4)

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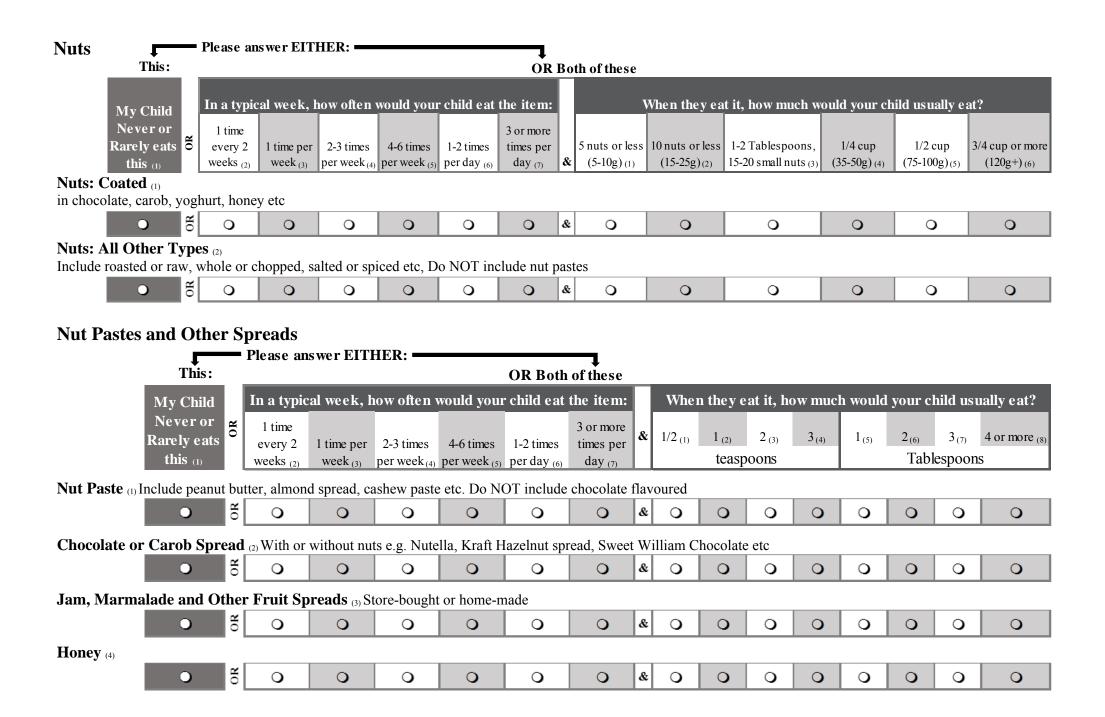
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Breakfast Cereal ■ Please answer EITHER: ■ This: OR Both of these In a typical week, how often would your child eat the item: When they eat it, how much would your child usually eat? My Child A small sprinkle, 1/4 cup 1/2 cup 1 cup Never or 1-2 Tablespoons (30g muesli, (120g muesli, 1 time 3 or more (60g muesli, More than 1 Rarely eats or 1/2 a wheat 50g flakes) or 3 every 2 2-3 times 4-6 times 1-2 times 15g flakes) or 1 25g flakes) or 2 cup, 4 or more 1 time per times per week (3) per week (4) per week (5) per day (6) weeks (2) day (7) & biscuit (1) wheat biscuit (2) wheat biscuits (3) wheat biscuits (4) wheat biscuits (5) this (1) Porridge or Other Hot Cereal (1) 8 0 0 0 O & 0 0 0 0 \mathbf{O} 0 \mathbf{O} Wheat Biscuits: Plain (2) e.g. Weet-Bix, Vita Brits etc & O \mathbf{O} 0 0 0 \mathbf{O} O 0 O O Puffed, Unflavoured Cereal (3) e.g. puffed corn, puffed rice OR & 0 0 0 0 0 0 O 0 O O O Muesli: Toasted (4) & 0 0 O 0 0 0 0 0 0 0 O Muesli: Untoasted (5) OR & 0 0 0 O 0 0 0 0 0 0 O Cereal Flakes (6) e.g. Cornflakes, Weeties, Sultana Bran, Light n Tasty etc OR 0 O 0 0 0 & O O O 0 \mathbf{O} 0 Flavoured Breakfast Cereal: All Other Types (7) e.g. Coco-Pops, Honey Puffs, Cheerios, Nutri-Grain, MiLo, Mini-Wheats, Weet-Bix Bites etc 0 & 0 0 0 0 O O 0 O 0

Biscuits

Meringue or Honeycomb (3)

0

0

0

0

0

In this section: Include both **home-made and commercial** varieties ■ Please answer EITHER: • This: OR Both of these In a typical week, how often would your child eat the item: When they eat it, how much would your child usually eat? My Child Never or 1-2 bites or 2 medium 1/2 a medium 1 medium 4 or more 1 time 3 or more Rarely eats biscuits, or 1 every 2 1 time per | 2-3 times 4-6 times 1-2 times times per mini-biscuits, or 1 biscuit or 4 biscuit or 3 medium medium weeks (2) week (3) per week (4) per week (5) per day (6) day (7) mini meringue (1) mini-biscuits (2) meringue (3) snack pack (4) biscuits (5) biscuits (6) this (1) Plain, Sweet Biscuits and Wafers (1) e.g. Milk Arrowroot, Tiny Teddy, Tina Wafer, Scotch Finger (uncoated), Wheatmeal, Animal Biscuit, Vanilla bite, Shortbread etc. Include shop-bought and home-made. & 0 O O 0 0 0 0 0 \mathbf{O} 0 0 0 0 All Other Sweet Biscuits and Cookies (2) Include filled or coated varieties e.g. Choc-chip, Tim-Tam, Tic-Toc, Monte Carlo, Jam Drop, Melting Moment, Full-o-Fruit etc. Include shop-bought and home-made. OR 0 O & 0 0 0 0 0 0 \mathbf{O} \mathbf{O} \mathbf{O}

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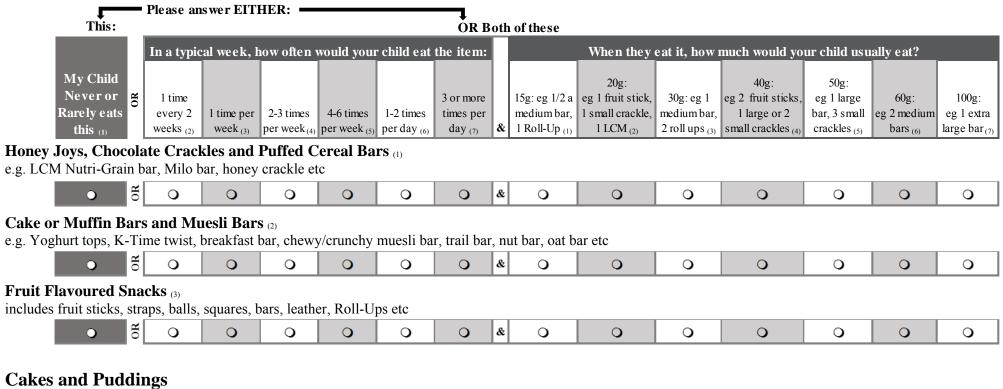
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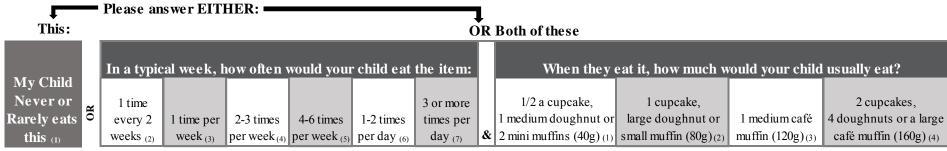
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Bars and Bar-Like Snack Food

In this section: Include both home-made and commercial varieties



In this section: Include both home-made and commercial varieties



Cakes, Muffins, Slices, Doughnuts and Puddings (1)

Includes brownies, cup-cakes, iced or plain doughnuts, cakes and cake-based desserts such as self-saucing pudding, fruit cake, bread pudding, lemon delicious etc

		*						<u> </u>	· ·			
O RO	O	0	O	0	0	0	&	O		0	0	0

Sweet Bread and Pastry In this section: Include both home-made and commercial varieties Please answer EITHER: • This: OR Both of these In a typical week, how often would your child eat the item: When they eat it, how much would your child usually eat? My Child 1/2 a medium 1 medium Never or 1 time 3 or more 1/2 a pancake croissant or finger croissant or finger 2 pancakes, More than 3 Rarely eats o 1 time per | 2-3 times bun, or 1 slice of every 2 4-6 times 1-2 times times per or 1 large 1 pancake, 2-3 bun, or 2 slices of or 4-6 pikelets pancakes or 8 weeks (2) week (3) per week (4) per week (5) per day (6) day (7) & pikelet $(40g)_{(1)}$ fruit bread $(50g)_{(2,3)}$ pikelets (80g)₍₄₎ fruit bread (100g)_(5,6) $(160g)_{(7)}$ pikelets (200g+)(8) this (I Sweet Bread and Pancakes (1) Includes finger bun, fruit bread, cinnamon scroll, pikelet, scone, waffle etc. 0 & 0 O \mathbf{O} 0 0 O O 0 Sweet Pastry (2) Includes croissant, strudel, Danish pastry, baklava etc O \mathbf{O} & 0 O O 0 \mathbf{O} 0 0 O 0 **Savoury Snack Food** Please answer EITHER: • This: OR Both of these In a typical week, how often would your child eat the item: When they eat it, how much would your child usually eat? 10g: eg 6 rice 25g: eg 1 snack 50g: eg 2 rows of 100g: eg 1/2 a large My Child crackers or 15g: eg 2 pack, 10 crisps 40g: eg 4 rice crackers, 5 Sao, packet of crisps, or 120g+: more 150g+: Never or 1 time 3 or more Shapes, 2 Cruskits or 1 or corn chips, 1 corn thins, 1/4 of a large packet box of shapes etc or than 1/2 a More than Rarely eats times per every 2 1 time per 2-3 times 4-6 times 1-2 times Jatz, 1 Sao or thick rice 'row' of rice 5 Cheds, 8 of Chips or box of 1 packet of rice large packet 6 s lices (8) & Com Thin Shapes etc (5, 6) or box (8) this (1) weeks (2) week (3) per week (4) per week (5) per day (6) day (7) cake o crackers (3) Jatz(4) crackers (7) **Plain Savoury Biscuits or Crackers** (1) e.g. Sao, Jatz, water thins, plain rice crackers, plain corn thins, plain rice cakes, plain breadsticks etc 0 0 0 Flavoured Savoury Biscuits or Crackers (2) e.g. Chedz, Shapes, flavoured rice crackers, flavoured corn cakes or rice thins etc 0 O 0 0 & 0 0 O 0 0 0 O 0 Savoury Snack Foods (3) Includes potato crisps, corn chips, prawn crackers, Rice Wheels, Mamee noodle snack, Cheese Fiddlesticks etc 0 0 0 0 \circ 0 0 0 0 0

Drinks

In this section: Some of these may be difficult to answer if your child sips throughout the day. If that is the case, try to get the total amount correct.

For example, if your child had 200ml of juice in sips over the whole day, you could report 50ml three or more times a day, or 125ml one to two times per day.

This:	Please an	swer EIT	HER: —			OR B	oth	of these							
T Mist	In a typic	cal week, h	ow often v	would you	child eat			of these	W	hen they eat it	, how much wou	ıld your cl	nild usually e	at?	
My Child Never or Rarely eats this (1)	1 time every 2 weeks (2)	1 time per	2-3 times	4-6 times per week (5)	1-2 times	3 or more times per day (7)		A few sips (50ml or less) (1)	125mL: Half a cup or baby bottle or 1 mini juice box ₍₂₎		250mL: A medium cup, baby bottle or regular juice box ₍₄₎		450mL: A very large cup or medium drink bottle (6)		More than 600mL ₍₆₎
Water: Plain, Still (Tap, bottled etc	1)														
OR	O	0	0	O	O	0	&	O	0	0	0	0	0	O	O
e.g. soda water, sparkl	Water: Plain, Carbonated (2) e.g. soda water, sparkling water etc														
OR OR	O	0	O	O	O	0	&	O	O	0	0	<u> </u>	0	•	O
	Water: Lightly Flavoured, Clear (3) Although there is some flavour, these water-based drinks are still clear, e.g. PumP water with a twist, PLaY fruit water, coconut water etc														
OR OR	0	0	0	0	0	0	&	O	0	0	O	0	0	O	0
Junior Juice (4) Infant or toddler juice,	usually f	found in t	he baby a	isle											
OR	0	0	0	0	0	0	&	O	0	0	0	0	0	O	0
	All Other Fruit Juice or Fruit Juice Drinks (5) Including poppers, juice boxes and bottled juice sold refrigerated or at room temperature, purchased in a café, home squeezed etc														
OR OR	O	O	O	0	O	0	&	O	0	0	O	O	0	O	0
Vegetable Juice (6) Include store bought o	r home-n	nade													
OR OR	0	0	O	0	0	0	&	O	0	O	O	0	O	0	O

If your child drinks juice, do	o you lool	k for prod	lucts with	''no adde	ed sugar''	or ''100%	6 fr	uit jui	ce" on 1	the lab	el?				
O Usually (1)															
O Sometimes (2)															
O Never or Rarely (3)															
O I don't know or my child does not drink juice (4)															
Orink Powder															
Please answer EITHER:															
This:	This: OR Both of these														
My Child	In a typic	al week, h	ow often v	would you	r child eat	the item:	Ш	Whe	n they e	at it, h	ow muc	h would	l your c	hild usı	ually eat?
Never or 👱	1 time					3 or more		1/2	1	_	2		2	2	4
Rarely eats	every 2		2-3 times	4-6 times	1-2 times	times per	&	1/2 (1)	1 (2)	2 (3)	3 (4)	1 (5)	2 ₍₆₎		4 or more (8)
this (1)	weeks (2)			per week (5)	per day (6)	day ₍₇₎	ш		teasp	oons			1 a D	lespoon	S
Drink Powder: Added Vitan e.g. Milo, Ovaltine, Sustagen etc		Minerals	(1)												
• E.g. Mino, o varianc, Susuagen etc	<u> </u>	O	0	0	0	O	&	0	O	0	0	0	0	0	0
						<u> </u>									
Drink Powder: Regular (2) e.g. drinking chocolate, Nesquik	(any flavo	our) Sinahl	straws etc	<u>.</u>											
• E	Q	Q	0	0	0	O	&	0	O	0	0	0	0	0	0
						<u> </u>	ι α								
What does your child usuall	y drink f			_											
		•	hild rarel er uses thi	-	Iy child so uses tl			•	ld regu ys uses	•	r				
A regular cup or glass without	t a strawa		O O	1 5(1)	O			ai wa	ys uses O	CIII (3)					
A regular cup or glass with a s	,	•		•				•							
A sipper cup ₍₃₎	•		•				•								
A bottle with a teat ₍₄₎	•		0				•								
A sports or drink bottle with s	trosy non	ton ata	0		•				0						
•	ьиам, рор	-top etc(s)	0						0						
Other, please give details ₍₆₎ :)		0)						

Sauces and Condiments Please answer EITHER: • This: OR Both of these My Child In a typical week, how often would your child eat the item: When they eat it, how much would your child usually eat? Never or S 1 time 3 or more & $1/2_{(1)}$ 1 (2) $2_{(3)}$ 2(6) 3 (4) 1 (5) $3_{(7)}$ 4 or more $_{(8)}$ Rarely eats every 2 1 time per 2-3 times times per 4-6 times 1-2 times **Tablespoons** this (1) teaspoons week (3) per week (4) per week (5) per day (6) weeks (2) day (7) Tomato or Barbecue Sauce (1) Also known as ketchup OR 0 0 0 O 0 & 0 0 0 0 0 O 0 0 **Sweet Marinades and Sauces** (2) Such as oyster sauce, kecap manis, sweet chilli, hoisin, plum sauce etc OR & 0 0 0 O 0 0 0 0 0 0 0 0 0 \mathbf{O} **Mayonnaise:** Low Fat (3) Include all reduced fat types e.g. traditional, egg mayo, aioli etc & O 0 0 O \mathbf{O} 0 0 \mathbf{O} 0 0 0 0 O **Mayonnaise: Not Low Fat** (4) Include all regular fat types e.g. traditional, egg mayo, aioli etc O.R. & O 0 0 0 0 O \mathbf{O} O 0 0 O 0 0 0 **Chutney or Relish** (5) e.g. mango chutney, corn relish, tomato chutney, onion relish etc 0 0 & 0 0 0 0 0 0 0 0 0 O O **Dessert Toppings** (6) e.g. chocolate, caramel, butterscotch, strawberry sauces, Ice Magic etc 8 & 0 0 0 O 0 0 0 O 0 0 0

Sugar and Sugar Substitutes In this section: Include sugar added in cooking or serving, sprinkled on cereal, stirred into a drink etc. Do NOT include sugar used to bake cakes or biscuits. Please answer EITHER: — **OR** Both of these This: When they eat it, how much would your child usually eat? In a typical week, how often would your child eat the item: My Child Never or 1 time 3 or more & $1/2_{(1)}$ $2_{(3)}$ 3 (4) 1 (2) $3_{(7)}$ 4 or more (8) $1_{(5)}$ Rarely eats 1 time per 2-3 times times per every 2 4-6 times 1-2 times **Tablespoons** weeks (2) this (1) week (3) per week (4) per week (5) per day (6) day (7) teaspoons Sugar: Solid or Granulated (1) Include regular table sugar, white, brown, raw, palm and date sugar & 0 0 0 0 O O 0 0 O 0 0 O **Sugar: Syrups Other Than Honey** (2) Such as agave, maple, golden syrup, corn or rice syrup & O O \mathbf{O} \mathbf{O} O \mathbf{O} 0 0 O 0 \mathbf{O} O **Sweeteners: No or Low Calorie** (3) e.g. Equal, Splenda, Stevia, Nutrasweet etc 뜅 \mathbf{O} 0 0 & 0 \mathbf{O} \mathbf{O} O O O 0 \mathbf{O} O **Jelly** Please answer EITHER: This: OR Both of these In a typical week, how often would your child eat the item: When they eat it, how much would your child usually eat? My Child Never or 1 time 3 or more Rarely eats 5 2 teaspoons 2 Tablespoons 1/4 of a cup 1/2 a cup More than 1 1 cup every 2 1 time per | 2-3 times 4-6 times 1-2 times times per weeks (2) week (3) per week (4) per week (5) per day (6) day (7) & $(10 \text{mL})_{(1)}$ $(40 \text{mL})_{(2)}$ (60mL)₍₃₎ (125mL)₍₄₎ (250mL)₍₅₎ this (1) cup (6) Jelly: Diet, Lite or Sugarfree (1) Do NOT include "natural" or "25% less sugar" jelly in this group Note: 1 standard box of jelly crystals makes 2 cups (500ml) of jelly OR & 0 \mathbf{O} O O O O \mathbf{O} O \mathbf{O} O \mathbf{O} \mathbf{O} Jelly: Regular (2) Include all other types, such as natural, 25% less sugar, agar jelly, fruit flavours, make-your-own flavour etc

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Chocolate and Lollies Note: lollies are also known as candy or sweets Please answer EITHER: • This: **OR** Both of these In a typical week, how often would your child eat the item: When they eat it, how much would your child usually eat? 10g: eg 2 soft or 50g: eg 10 lollies or hard lollies, marshmallows, 25g: eg 5 My Child 75g: eg 1 large 2 squares of lollies or 2 rows of chocolate. Never or 1 time 3 or more chocolate, 1 20g: eg 1 marshmallows, 40g: eg 2 1 regular chocolate chocolate bar Rarely eats 1 time per | 2-3 times 4-6 times 1-2 times times per Redskin or lollipop. fun-size bar. 1 row of fun-size bars. bar, 1/3 of a bag of (king size), 1/2 a 100g or every 2 this a weeks (2) week (3) per week (4) per week (5) per day (6) day (7) & 2 marshmallows (12) 4 lollies (3) chocolate (4) 8 lollies (5) lollies (6,7) bag of lollies (8) more (9) **Chocolate or Carob: All Types** (1) Include solid or filled chocolate, chocolate bars, blocks, buttons, M&Ms etc \mathbf{O} \mathbf{O} O \mathbf{O} O & 0 0 O O 0 0 O О **Lollies: Sugarfree** (2) Do NOT include "natural" or "no added sugar" lollies \mathbf{O} 0 0 0 & 0 0 0 O 0 0 0 **Lollies That Last a Long Time** (3) Any that take a long time to eat: either because they are sticky and stay in the mouth (e.g. Minties, Red Skins) or because they are hard and have to be sucked, (e.g. lollipops, gobstoppers, toffees etc) O 0 0 0 & l 0 \circ O O 0 O 0 **Lollies: All Other Types** (4) Include anything not already included, such as soft and gummy lollies, liquorice, marshmallow, Skittles, sour worms, party mix etc including "natural" and fruit types 0 0 O 0 O & 0 O 0 0 O 0 Think about a typical day of eating for your child. On a typical day, how many meals, drinks other than water and snacks does your child eat? A meal is generally larger and made of a mixture of different foods. A snack is generally smaller, eaten more quickly and made of only one or two different foods. Note that some foods may be thought of as a meal OR a snack depending on the time of day and amount eaten. For example, I peanut butter sandwich at lunchtime is a meal, half a sandwich in the car at 10am is a snack. drinks other than water per day: with food(3) meals per day(1) On a typical day my child has: between meal snacks per day(2) drinks other than water per day: without food(4)