

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:

Please answer EITHER: OR Both of these

My Child Never or Rarely eats this (1)	In a typical week, how often would your child eat the item:						When they eat it, how much would your child usually eat?				
	1 time every 2 weeks (2)	1 time per week (3)	2-3 times per week (4)	4-6 times per week (5)	1-2 times per day (6)	3 or more times per day (7)	4-8 sultanas, 2 dates or dried apricot halves (10g) (1)	1 Tablespoon, 3-4 dates or dried apricot halves (20g) (2)	2 Tablespoons or a snack box (40g) (3)	1/2 cup or 2 snack boxes (80g) (4)	More than 1/2 cup (100g+) (5)
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Watch out – the amounts change!

Dried Fruit: Plain (2)

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

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	&	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	-----------------------	-----------------------	-----------------------	----------------------------------	-----------------------	-----------------------	---	-----------------------	----------------------------------	-----------------------	-----------------------	-----------------------

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

Please answer EITHER: OR Both of these

My Child Never or Rarely eats this (1)	In a typical week, how often would your child eat the item:						When they eat it, how much would your child usually eat?				
	1 time every 2 weeks (2)	1 time per week (3)	2-3 times per week (4)	4-6 times per week (5)	1-2 times per day (6)	3 or more times per day (7)	4-8 sultanas, 2 dates or dried apricot halves (10g) (1)	1 Tablespoon, 3-4 dates or dried apricot halves (20g) (2)	2 Tablespoons or a snack box (40g) (3)	1/2 cup or 2 snack boxes (80g) (4)	More than 1/2 cup (100g+) (5)
<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	&	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Dried Fruit: Coated (1)

in chocolate, carob, yoghurt etc

<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	&	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
----------------------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	---	-----------------------	-----------------------	-----------------------	-----------------------

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!

If your child eats yoghurt, do you choose reduced fat versions?

- Usually ⁽¹⁾
- Sometimes ⁽²⁾
- Never or Rarely ⁽³⁾
- I don't know or my child does not eat yoghurt ⁽⁴⁾

Cream and Custard

Please answer EITHER:

This:

OR Both of these

My Child Never or Rarely eats this ⁽¹⁾	OR	In a typical week, how often would your child eat the item:						&	When they eat it, how much would your child usually eat?				
		1 time every 2 weeks ⁽²⁾	1 time per week ⁽³⁾	2-3 times per week ⁽⁴⁾	4-6 times per week ⁽⁵⁾	1-2 times per day ⁽⁶⁾	3 or more times per day ⁽⁷⁾		3 teaspoons (20mL or less) ⁽¹⁾	2-3 Tablespoons, a small pouch (60mL) ⁽²⁾	1/2 cup, a junior tub or regular pouch (125mL) ⁽³⁾	2/3 cup (200mL) ⁽⁴⁾	1 cup or more (250mL+) ⁽⁵⁾

Cream or Sour Cream ⁽¹⁾

Unsweetened varieties only

<input type="radio"/>	OR	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	&	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	----	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	---	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

Infant and Toddler Custard: Plain or Vanilla Only ⁽²⁾

Usually found in the baby aisle, or in single-serve pouches in the fridge section

<input type="radio"/>	OR	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	&	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	----	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	---	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

Regular Custard: Plain or Vanilla Only ⁽³⁾

Include store-bought or home-made custards

<input type="radio"/>	OR	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	&	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	----	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	---	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

All Other Kinds of Flavoured Custard and Custard-like Desserts ⁽⁴⁾

e.g. YoGo, SnakPack, any chocolate or banana custard, sweetened or sweet-flavoured cream, chocolate mousse, baked custard etc

<input type="radio"/>	OR	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	&	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	----	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	---	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

Other milk-based desserts (not frozen) ⁽⁵⁾

Such as rice pudding (store-bought or home-made)

<input type="radio"/>	OR	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	&	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	----	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	---	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

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

Please answer EITHER: **This:** OR **Both of these**

My Child Never or Rarely eats this ⁽¹⁾	OR	In a typical week, how often would your child eat the item:						&	When they eat it, how much would your child usually eat?				
		1 time every 2 weeks ⁽²⁾	1 time per week ⁽³⁾	2-3 times per week ⁽⁴⁾	4-6 times per week ⁽⁵⁾	1-2 times per day ⁽⁶⁾	3 or more times per day ⁽⁷⁾		3 teaspoons (20g or less) ⁽¹⁾	1 small scoop or mini-pop (around 40g) ⁽²⁾	1 medium scoop or medium serve on a stick eg a Choc Wedge (80g) ⁽³⁾	2 medium scoops or a large serve on a stick eg a Magnum (125g) ⁽⁴⁾	3 scoops or more (175g+) ⁽⁵⁾

Ice cream and frozen yoghurt ⁽¹⁾

Includes any frozen, milk-based dessert or treat, in a tub, on a stick, bought by the scoop etc

<input type="radio"/>	OR	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	&	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	----	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	---	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

Icy Poles and Sorbet ⁽²⁾

Includes any other frozen desserts and treats that are like ice cream, but NOT made from milk or milk alternatives

<input type="radio"/>	OR	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	&	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	----	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	---	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

Ice Cream Alternatives and Other Frozen Milk Alternatives ⁽³⁾

Includes any dairy free, milk-style frozen desserts such as soy ice cream in a tub or on a stick, frozen soy or coconut yoghurt, Tofutti Cuties etc

<input type="radio"/>	OR	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	&	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	----	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	---	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

Fruit

Please answer EITHER: **This:** OR **Both of these**

My Child Never or Rarely eats this ⁽¹⁾	OR	In a typical week, how often would your child eat the item:						&	When they eat it, how much would your child usually eat?				
		1 time every 2 weeks ⁽²⁾	1 time per week ⁽³⁾	2-3 times per week ⁽⁴⁾	4-6 times per week ⁽⁵⁾	1-2 times per day ⁽⁶⁾	3 or more times per day ⁽⁷⁾		30g: eg 1/2 a plum, mandarin or kiwi, 1 small apricot, or 4 grapes or large berries ⁽¹⁾	70g: eg 1 small piece (plum, kiwi etc), 6-8 grapes or large berries, 1/2 a medium piece (apple, banana, orange etc) ^(2,3)	150g: eg 1 medium piece (apple, banana, pear, orange), 2 small pieces, or 1 cup of grapes or berries ⁽⁴⁾	175g+: More than 1 medium piece or 2 small pieces ⁽⁵⁾	

Fresh or Frozen Fruit: All Types ⁽¹⁾

e.g. banana, apple, watermelon, grapes, pear, berries etc

<input type="radio"/>	OR	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	&	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	----	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	---	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

Dried Fruit

Please answer EITHER:

This: **OR Both of these**

My Child Never or Rarely eats this ⁽¹⁾	OR	In a typical week, how often would your child eat the item:						&	When they eat it, how much would your child usually eat?				
		1 time every 2 weeks ⁽²⁾	1 time per week ⁽³⁾	2-3 times per week ⁽⁴⁾	4-6 times per week ⁽⁵⁾	1-2 times per day ⁽⁶⁾	3 or more times per day ⁽⁷⁾		4-8 sultanas, 2 dates or dried apricot halves (10g) ⁽¹⁾	1 Tablespoon, 3-4 dates or dried apricot halves (20g) ⁽²⁾	2 Tablespoons or a snack box (40g) ⁽³⁾	1/2 cup or 2 snack boxes (80g) ⁽⁴⁾	More than 1/2 cup (100g+) ⁽⁵⁾

Dried Fruit: Coated ⁽¹⁾ in chocolate, carob, yoghurt etc

<input type="radio"/>	OR	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	&	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	----	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	---	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

Dried Fruit: Plain ⁽²⁾ e.g. sultana, dried mango, apricot etc. Do NOT include fruit bars or fruit leather

<input type="radio"/>	OR	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	&	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	----	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	---	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

Tinned Fruit

Please answer EITHER:

This: **OR Both of these**

My Child Never or Rarely eats this ⁽¹⁾	OR	In a typical week, how often would your child eat the item:						&	When they eat it, how much would your child usually eat?				
		1 time every 2 weeks ⁽²⁾	1 time per week ⁽³⁾	2-3 times per week ⁽⁴⁾	4-6 times per week ⁽⁵⁾	1-2 times per day ⁽⁶⁾	3 or more times per day ⁽⁷⁾		20g: eg 1 peach slice or apricot half ⁽¹⁾	40g: eg 2 apricot halves or 1 pineapple ring ⁽²⁾	80g: eg 4 peach slices, 4 apricot halves, 1 pear half ⁽³⁾	120g: eg 1/2 cup or 1 snack tub ⁽⁴⁾	160g: eg 8 peach slices, 2 pear halves ⁽⁵⁾

Tinned Fruit: Whole or Pieces ⁽¹⁾ not puree

<input type="radio"/>	OR	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	&	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	----	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	---	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

If your child eats tinned fruit, which do you usually choose?

- Fruit in syrup ⁽¹⁾
- Fruit in natural juice ⁽²⁾
- Both types equally ⁽³⁾
- I don't know or my child does not eat tinned fruit ⁽⁴⁾

If your child eats tinned fruit, do they eat or drink the syrup or juice?

- Usually ⁽¹⁾
- Sometimes ⁽²⁾
- Never or Rarely ⁽³⁾
- 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**

My Child Never or Rarely eats this ⁽¹⁾	OR	In a typical week, how often would your child eat the item:							&	When they eat it, how much would your child usually eat?					
		1 time every 2 weeks ⁽²⁾	1 time per week ⁽³⁾	2-3 times per week ⁽⁴⁾	4-6 times per week ⁽⁵⁾	1-2 times per day ⁽⁶⁾	3 or more times per day ⁽⁷⁾	2 teaspoons (15g or less) ⁽¹⁾		1-2 Tablespoons (35g) ⁽²⁾	3 Tablespoons or 1/2 a pouch or baby jar (65g) ⁽³⁾	1/2 cup or 1 pouch or baby jar (120g) ⁽⁴⁾	3/4 cup, 1.5 pouches (200g) ⁽⁵⁾	1 cup, 2 pouches or baby jars or more (250g+) ⁽⁶⁾	

Toddler or Infant Fruit Puree ⁽¹⁾

Usually found in the baby aisle: sold in jars, pouches, tins etc

<input type="radio"/>	OR	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	&	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	----	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	---	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

Toddler or Infant Vegetable Puree ⁽²⁾

Usually found in the baby aisle: sold in jars, pouches, tins etc.

<input type="radio"/>	OR	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	&	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	----	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	---	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

Fruit Puree: Other, Shop Bought ⁽³⁾

Not from the baby aisle

<input type="radio"/>	OR	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	&	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	----	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	---	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

Fruit Puree: Home-Made ⁽⁴⁾

<input type="radio"/>	OR	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	&	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	----	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	---	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

Breakfast Cereal

Please answer EITHER:

This:

OR Both of these

My Child Never or Rarely eats this ⁽¹⁾	In a typical week, how often would your child eat the item:							When they eat it, how much would your child usually eat?				
	1 time every 2 weeks ⁽²⁾	1 time per week ⁽³⁾	2-3 times per week ⁽⁴⁾	4-6 times per week ⁽⁵⁾	1-2 times per day ⁽⁶⁾	3 or more times per day ⁽⁷⁾	&	A small sprinkle, 1-2 Tablespoons or 1/2 a wheat biscuit ⁽¹⁾	1/4 cup (30g muesli, 15g flakes) or 1 wheat biscuit ⁽²⁾	1/2 cup (60g muesli, 25g flakes) or 2 wheat biscuits ⁽³⁾	1 cup (120g muesli, 50g flakes) or 3 wheat biscuits ⁽⁴⁾	More than 1 cup, 4 or more wheat biscuits ⁽⁵⁾

Porridge or Other Hot Cereal ⁽¹⁾

<input type="radio"/>	OR	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	&	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	----	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	---	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

Wheat Biscuits: Plain ⁽²⁾ e.g. Weet-Bix, Vita Brits etc

<input type="radio"/>	OR	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	&	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	----	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	---	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

Puffed, Unflavoured Cereal ⁽³⁾ e.g. puffed corn, puffed rice

<input type="radio"/>	OR	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	&	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	----	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	---	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

Muesli: Toasted ⁽⁴⁾

<input type="radio"/>	OR	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	&	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	----	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	---	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

Muesli: Untoasted ⁽⁵⁾

<input type="radio"/>	OR	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	&	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	----	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	---	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

Cereal Flakes ⁽⁶⁾

e.g. Cornflakes, Weeties, Sultana Bran, Light n Tasty etc

<input type="radio"/>	OR	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	&	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	----	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	---	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

Flavoured Breakfast Cereal: All Other Types ⁽⁷⁾

e.g. Coco-Pops, Honey Puffs, Cheerios, Nutri-Grain, MiLo, Mini-Wheats, Weet-Bix Bites etc

<input type="radio"/>	OR	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	&	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	----	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	---	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

Biscuits

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

Please answer **EITHER**:
 This: OR Both of these

My Child Never or Rarely eats this ⁽¹⁾	OR	In a typical week, how often would your child eat the item:						&	When they eat it, how much would your child usually eat?					
		1 time every 2 weeks ⁽²⁾	1 time per week ⁽³⁾	2-3 times per week ⁽⁴⁾	4-6 times per week ⁽⁵⁾	1-2 times per day ⁽⁶⁾	3 or more times per day ⁽⁷⁾		1-2 bites or mini-biscuits, or 1 mini meringue ⁽¹⁾	1/2 a medium biscuit or 4 mini-biscuits ⁽²⁾	1 medium biscuit or meringue ⁽³⁾	2 medium biscuits, or 1 snack pack ⁽⁴⁾	3 medium biscuits ⁽⁵⁾	4 or more medium biscuits ⁽⁶⁾

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.

<input type="radio"/>	OR	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	&	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	----	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	---	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

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.

<input type="radio"/>	OR	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	&	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	----	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	---	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

Meringue or Honeycomb ⁽³⁾

<input type="radio"/>	OR	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	&	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	----	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	---	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

Bars and Bar-Like Snack Food

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

Please answer EITHER: **This:** OR **Both of these**

My Child Never or Rarely eats this ⁽¹⁾	OR	In a typical week, how often would your child eat the item:						&	When they eat it, how much would your child usually eat?					
		1 time every 2 weeks ⁽²⁾	1 time per week ⁽³⁾	2-3 times per week ⁽⁴⁾	4-6 times per week ⁽⁵⁾	1-2 times per day ⁽⁶⁾	3 or more times per day ⁽⁷⁾		15g: eg 1/2 a medium bar, 1 Roll-Up ⁽¹⁾	20g: eg 1 fruit stick, 1 small crackle, 1 LCM ⁽²⁾	30g: eg 1 medium bar, 2 roll ups ⁽³⁾	40g: eg 2 fruit sticks, 1 large or 2 small crackles ⁽⁴⁾	50g: eg 1 large bar, 3 small crackles ⁽⁵⁾	60g: eg 2 medium bars ⁽⁶⁾

Honey Joys, Chocolate Crackles and Puffed Cereal Bars ⁽¹⁾

e.g. LCM Nutri-Grain bar, Milo bar, honey crackle etc

<input type="radio"/>	OR	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	&	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	----	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	---	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

Cake or Muffin Bars and Muesli Bars ⁽²⁾

e.g. Yoghurt tops, K-Time twist, breakfast bar, chewy/crunchy muesli bar, trail bar, nut bar, oat bar etc

<input type="radio"/>	OR	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	&	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	----	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	---	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

Fruit Flavoured Snacks ⁽³⁾

includes fruit sticks, straps, balls, squares, bars, leather, Roll-Ups etc

<input type="radio"/>	OR	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	&	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	----	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	---	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

Cakes and Puddings

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

Please answer EITHER: **This:** OR **Both of these**

My Child Never or Rarely eats this ⁽¹⁾	OR	In a typical week, how often would your child eat the item:						&	When they eat it, how much would your child usually eat?			
		1 time every 2 weeks ⁽²⁾	1 time per week ⁽³⁾	2-3 times per week ⁽⁴⁾	4-6 times per week ⁽⁵⁾	1-2 times per day ⁽⁶⁾	3 or more times per day ⁽⁷⁾		1/2 a cupcake, 1 medium doughnut or 2 mini muffins (40g) ⁽¹⁾	1 cupcake, large doughnut or small muffin (80g) ⁽²⁾	1 medium café muffin (120g) ⁽³⁾	2 cupcakes, 4 doughnuts or a large café muffin (160g) ⁽⁴⁾

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

<input type="radio"/>	OR	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	&	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	----	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	---	-----------------------	-----------------------	-----------------------	-----------------------

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.

Please answer EITHER: **This:** OR **Both of these**

My Child Never or Rarely eats this ⁽¹⁾	In a typical week, how often would your child eat the item:							When they eat it, how much would your child usually eat?							
	OR	1 time every 2 weeks ⁽²⁾	1 time per week ⁽³⁾	2-3 times per week ⁽⁴⁾	4-6 times per week ⁽⁵⁾	1-2 times per day ⁽⁶⁾	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⁾	200mL: A small cup (eg sippee), baby bottle or mini can ⁽³⁾	250mL: A medium cup, baby bottle or regular juice box ⁽⁴⁾	350mL: A large cup or regular can ⁽⁵⁾	450mL: A very large cup or medium drink bottle ⁽⁶⁾	600mL: A soft-drink sized bottle ⁽⁷⁾

Water: Plain, Still ⁽¹⁾

Tap, bottled etc

<input type="radio"/>	OR	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	&	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	----	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	---	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

Water: Plain, Carbonated ⁽²⁾

e.g. soda water, sparkling water etc

<input type="radio"/>	OR	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	&	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	----	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	---	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

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

<input type="radio"/>	OR	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	&	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	----	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	---	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

Junior Juice ⁽⁴⁾

Infant or toddler juice, usually found in the baby aisle

<input type="radio"/>	OR	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	&	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	----	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	---	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

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

<input type="radio"/>	OR	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	&	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	----	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	---	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

Vegetable Juice ⁽⁶⁾

Include store bought or home-made

<input type="radio"/>	OR	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	&	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	----	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	---	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

Continued over

If your child drinks juice, do you look for products with "no added sugar" or "100% fruit juice" on the label?

- Usually ⁽¹⁾
- Sometimes ⁽²⁾
- Never or Rarely ⁽³⁾
- I don't know or my child does not drink juice ⁽⁴⁾

Drink Powder

Please answer EITHER: OR Both of these

This:		OR Both of these							When they eat it, how much would your child usually eat?							
My Child Never or Rarely eats this ⁽¹⁾	OR	In a typical week, how often would your child eat the item:						&								
		1 time every 2 weeks ⁽²⁾	1 time per week ⁽³⁾	2-3 times per week ⁽⁴⁾	4-6 times per week ⁽⁵⁾	1-2 times per day ⁽⁶⁾	3 or more times per day ⁽⁷⁾		1/2 ⁽¹⁾	1 ⁽²⁾	2 ⁽³⁾	3 ⁽⁴⁾	1 ⁽⁵⁾	2 ⁽⁶⁾	3 ⁽⁷⁾	4 or more ⁽⁸⁾
							teaspoons	Tablespoons								

Drink Powder: Added Vitamins and Minerals ⁽¹⁾

e.g. Milo, Ovaltine, Sustagen etc

<input type="radio"/>	OR	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	&	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	----	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	---	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

Drink Powder: Regular ⁽²⁾

e.g. drinking chocolate, Nesquik (any flavour), Sipahh straws etc

<input type="radio"/>	OR	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	&	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	----	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	---	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

What does your child usually drink from?

	My child rarely or never uses this ⁽¹⁾	My child sometimes uses this ⁽²⁾	My child regularly or always uses this ⁽³⁾
A regular cup or glass without a straw ⁽¹⁾	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A regular cup or glass with a straw ⁽²⁾	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A sipper cup ⁽³⁾	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A bottle with a teat ⁽⁴⁾	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A sports or drink bottle with straw, pop-top etc ⁽⁵⁾	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other, please give details ⁽⁶⁾ :	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Chocolate and Lollies

Note: lollies are also known as candy or sweets

Please answer EITHER: **This:** **OR Both of these**

My Child Never or Rarely eats this ⁽¹⁾	In a typical week, how often would your child eat the item:						When they eat it, how much would your child usually eat?						
	1 time every 2 weeks ⁽²⁾	1 time per week ⁽³⁾	2-3 times per week ⁽⁴⁾	4-6 times per week ⁽⁵⁾	1-2 times per day ⁽⁶⁾	3 or more times per day ⁽⁷⁾	10g: eg 2 soft or hard lollies, 2 squares of chocolate, 1 Redskin or lollipop, 2 marshmallows ^(1,2)	20g: eg 1 fun-size bar, 4 lollies ⁽³⁾	25g: eg 5 lollies or marshmallows, 1 row of chocolate ⁽⁴⁾	40g: eg 2 fun-size bars, 8 lollies ⁽⁵⁾	50g: eg 10 lollies or marshmallows, 2 rows of chocolate, 1 regular chocolate bar, 1/3 of a bag of lollies ^(6,7)	75g: eg 1 large chocolate bar (king size), 1/2 a bag of lollies ⁽⁸⁾	100g or more ⁽⁹⁾
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Chocolate or Carob: All Types ⁽¹⁾

Include solid or filled chocolate, chocolate bars, blocks, buttons, M&Ms etc

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

Lollies: Sugarfree ⁽²⁾

Do NOT include "natural" or "no added sugar" lollies

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

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)

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

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

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

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, 1 peanut butter sandwich at lunchtime is a meal, half a sandwich in the car at 10am is a snack.

On a typical day
my child has: meals per day⁽¹⁾

drinks other than water per day: with food⁽³⁾

between meal snacks per day⁽²⁾

drinks other than water per day: without food⁽⁴⁾