

Source Variables - Food Frequency Items

The DQES comprises 116 items enquiring about the quantity and frequency of the consumption of various food types. While the DQES items on the surveys are numbered in the order that they appear there, variables in the data sets are numbered according to their order on the DQES. Variable names concatenate the cohort-survey descriptor with the DQES item. For example the DQES item 7a has the variable name m3ffq7a in data from survey 3 of the Mid-age cohort and y3ffq7a in data from survey 3 of the Younger cohort.

All food frequency items are categorical variables.

Item	Index Number	Foods included
ffq1	FFQV-001	Pieces fresh fruit per day
ffq2	FFQV-002	Different vegetables per day
ffq3a	FFQV-003	Drink no milk
ffq3b	FFQV-004	Full cream milk
ffq3c	FFQV-005	Reduced fat milk
ffq3d	FFQV-006	Skim milk
ffq3e	FFQV-007	Soya milk
ffq4	FFQV-008	How much milk per day
ffq5a	FFQV-009	Do not eat bread
ffq5b	FFQV-010	High fibre white
ffq5c	FFQV-011	White bread
ffq5d	FFQV-012	Wholemeal bread
ffq5e	FFQV-013	Rye bread
ffq5f	FFQV-014	Multi-grain bread
ffq6	FFQV-015	Slices bread per day
ffq7a	FFQV-016	Do not use spread
ffq7b	FFQV-017	Margarine any kind
ffq7c	FFQV-018	Polyunsaturated margarine
ffq7d	FFQV-019	Monounsaturated margarine
ffq7e	FFQV-020	Butter/margarine blends
ffq7f	FFQV-021	Butter
ffq8	FFQV-022	Tsp sugar per day
ffq9	FFQV-023	Eggs per week
ffq10a	FFQV-024	Do not eat cheese
ffq10b	FFQV-025	Hard cheeses
ffq10c	FFQV-026	Firm cheeses
ffq10d	FFQV-027	Soft cheeses
ffq10e	FFQV-028	Ricotta or cottage cheese
ffq10f	FFQV-029	Cream cheese
ffq10g	FFQV-030	Low fat cheese
ffq11	FFQV-031	How much potato

Item	Index Number	Foods included
ffq12	FFQV-032	How much vegetables
ffq13	FFQV-033	How much steak
ffq14	FFQV-034	How much casserole
ffq15Aa	FFQV-035	All Bran
ffq15Ab	FFQV-036	Sultana Bran, FibrePlus, Branflakes
ffq15Ac	FFQV-037	Weetbix, Vita Brits, Weeties
ffq15Ad	FFQV-038	Cornflakes, Nutrigrain, Special K
ffq15Ae	FFQV-039	Porridge
ffq15Af	FFQV-040	Muesli
ffq15Ag	FFQV-041	Rice
ffq15Ah	FFQV-042	Pasta or noodles
ffq15Ai	FFQV-043	Crackers, crispbreads, dry biscuits
ffq15Aj	FFQV-044	Sweet biscuits
ffq15Ak	FFQV-045	Cakes, sweet pies, tarts, other sweet pastry
ffq15Al	FFQV-046	Meat pies, pasties, quiche, other savoury pastry
ffq15Am	FFQV-047	Pizza
ffq15An	FFQV-048	Hamburger with bun
ffq15Ao	FFQV-049	Chocolate
ffq15Ap	FFQV-050	Flavoured milk drink
ffq15Aq	FFQV-051	Nuts
ffq15Ar	FFQV-052	Peanut butter or peanut paste
ffq15As	FFQV-053	Corn chips, crisps, twisties etc
ffq15At	FFQV-054	Jam, marmalade, honey, syrups
ffq15Au	FFQV-055	Vegemite, marmite, promite
ffq15Ba	FFQV-056	Cheese
ffq15Bb	FFQV-057	Ice-cream
ffq15Bc	FFQV-058	Yoghurt
ffq15Bd	FFQV-059	Beef
ffq15Be	FFQV-060	Veal
ffq15Bf	FFQV-061	Chicken
ffq15Bg	FFQV-062	Lamb
ffq15Bh	FFQV-063	Pork
ffq15Bi	FFQV-064	Bacon
ffq15Bj	FFQV-065	Ham
ffq15Bk	FFQV-066	Corned beef, luncheon meats, salami
ffq15Bl	FFQV-067	Sausages, frankfurts
ffq15Bm	FFQV-068	Fish steamed, grilled, baked
ffq15Bn	FFQV-069	Fish, fried
ffq15Bo	FFQV-070	Fish, tinned

Item	Index Number	Foods included
ffq15Ca	FFQV-071	Tinned, frozen fruit
ffq15Cb	FFQV-072	Fruit juice
ffq15Cc	FFQV-073	Oranges, other citrus
ffq15Cd	FFQV-074	Apples
ffq15Ce	FFQV-075	Pears
ffq15Cf	FFQV-076	Bananas
ffq15Cg	FFQV-077	Watermelon, rockmelon, honeydew
ffq15Ch	FFQV-078	Pineapple
ffq15Ci	FFQV-079	Strawberries
ffq15Cj	FFQV-080	Apricots
ffq15Ck	FFQV-081	Peaches, nectarines
ffq15Cl	FFQV-082	Mango, Paw paw
ffq15Cm	FFQV-083	Avocado
ffq15Da	FFQV-084	Potato roasted or fried
ffq15Db	FFQV-085	Potato cooked without fat
ffq15Dc	FFQV-086	Tomato sauce/paste/dried
ffq15Dd	FFQV-087	Tomato fresh or tinned
ffq15De	FFQV-088	Peppers, Capsicum
ffq15Df	FFQV-089	Lettuce, endive, other salad greens
ffq15Dg	FFQV-090	Cucumber
ffq15Dh	FFQV-091	Celery
ffq15Di	FFQV-092	Beetroot
ffq15Dj	FFQV-093	Carrots
ffq15Dk	FFQV-094	Cabbage, Brussels sprouts
ffq15Dl	FFQV-095	Cauliflower
ffq15Dm	FFQV-096	Broccoli
ffq15Dn	FFQV-097	Silverbeet, Spinach
ffq15Do	FFQV-098	Peas
ffq15Dp	FFQV-099	Green beans
ffq15Dq	FFQV-100	Bean or alfalfa sprouts
ffq15Dr	FFQV-101	Baked beans
ffq15Ds	FFQV-102	Soy beans/curd/tofu
ffq15Dt	FFQV-103	other beans
ffq15Du	FFQV-104	Pumpkin
ffq15Dv	FFQV-105	Onion or leeks
ffq15Dw	FFQV-106	Garlic
ffq15Dx	FFQV-107	Mushrooms
ffq15Dy	FFQV-108	Zucchini
ffq16a	FFQV-109	Beer (low alcohol)

Item	Index Number	Foods included
ffq16b	FFQV-110	Beer (full strength)
ffq16c	FFQV-111	Red wine
ffq16d	FFQV-112	White wine
ffq16e	FFQV-113	Fortified wines, port, sherry etc
ffq16f	FFQV-114	Spirits, liquers etc
ffq17	FFQV-115	How many glasses beer, wine, spirits
ffq18	FFQV-116	Maximum number of glasses of beer, wine or spirits

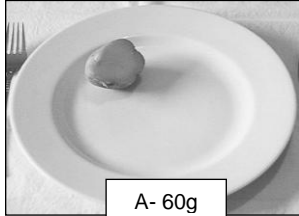
Dietary Questionnaire for Epidemiological Studies (DQES) Version 2

This section is about your USUAL EATING HABITS OVER THE PAST 12 MONTHS. Where possible give only one answer per question for the type of food you eat **MOST OFTEN**. (If you can't decide which type you have most often, answer for the types you usually eat.)

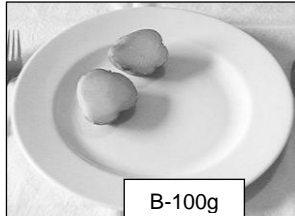
- | | |
|---|---|
| <p>1 How many pieces of fresh fruit do you usually eat per day? (Count ½ cup of diced fruit, berries or grapes as one piece) <i>(Circle <u>one only</u>)</i></p> <p style="padding-left: 40px;">I don't eat fruit 1</p> <p style="padding-left: 40px;">Less than 1 piece of fruit per day 2</p> <p style="padding-left: 80px;">1 piece of fruit per day 3</p> <p style="padding-left: 80px;">2 pieces of fruit per day 4</p> <p style="padding-left: 80px;">3 pieces of fruit per day 5</p> <p style="padding-left: 80px;">4 or more pieces of fruit per day 6</p> <p>2 How many different vegetables do you usually eat per day? (Count all types, fresh, frozen or tinned.) <i>(Circle <u>one only</u>)</i></p> <p style="padding-left: 40px;">Less than 1 vegetable per day 1</p> <p style="padding-left: 80px;">1 vegetable per day 2</p> <p style="padding-left: 80px;">2 vegetables per day 3</p> <p style="padding-left: 80px;">3 vegetables per day 4</p> <p style="padding-left: 80px;">4 vegetables per day 5</p> <p style="padding-left: 80px;">5 vegetables per day 6</p> <p style="padding-left: 80px;">6 or more vegetables per day 7</p> <p>3 What type of milk do you usually use? <i>(Circle <u>all that apply</u>)</i></p> <p style="padding-left: 40px;">a None 1</p> <p style="padding-left: 40px;">b Full cream milk 1</p> <p style="padding-left: 40px;">c Reduced fat milk 1</p> <p style="padding-left: 40px;">d Skim milk 1</p> <p style="padding-left: 40px;">e Soya milk 1</p> <p>4 How much milk do you usually use per day? (Include flavoured milk and milk added to tea, coffee, cereal etc) <i>(Circle <u>one only</u>)</i></p> <p style="padding-left: 40px;">None 1</p> <p style="padding-left: 40px;">Less than 250ml (1 large cup or mug) 2</p> <p style="padding-left: 40px;">Between 250 and 500 ml (1-2 cups) 3</p> <p style="padding-left: 40px;">Between 500 and 750 ml (2-3 cups) 4</p> <p style="padding-left: 80px;">750 ml (3 cups) or more 5</p> <p>5 What type of bread do you usually eat? <i>(Circle <u>all that apply</u>)</i></p> <p style="padding-left: 40px;">a I don't eat bread 1</p> <p style="padding-left: 40px;">b High fibre white bread 1</p> <p style="padding-left: 40px;">c White bread 1</p> <p style="padding-left: 40px;">d Wholemeal bread 1</p> <p style="padding-left: 40px;">e Rye bread 1</p> <p style="padding-left: 40px;">f Multi-grain bread 1</p> | <p>6 How many slices of bread do you usually eat per day? (Include all types, fresh or toasted and count one bread roll as 2 slices.) <i>(Circle <u>one only</u>)</i></p> <p style="padding-left: 40px;">Less than 1 slice per day 1</p> <p style="padding-left: 80px;">1 slice per day 2</p> <p style="padding-left: 80px;">2 slices per day 3</p> <p style="padding-left: 80px;">3 slices per day 4</p> <p style="padding-left: 80px;">4 slices per day 5</p> <p style="padding-left: 80px;">5-7 slices per day 6</p> <p style="padding-left: 80px;">8 or more slices per day 7</p> <p>7 Which spread do you usually put on bread? <i>(Circle <u>all that apply</u>)</i></p> <p style="padding-left: 40px;">a I don't usually use any fat spread 1</p> <p style="padding-left: 80px;">b Margarine of any kind 1</p> <p style="padding-left: 80px;">c Polyunsaturated margarine 1</p> <p style="padding-left: 80px;">d Monounsaturated margarine 1</p> <p style="padding-left: 80px;">e Butter and margarine blends 1</p> <p style="padding-left: 80px;">f Butter 1</p> <p>8 On average, how many teaspoons of sugar do you usually use per day? (Include sugar taken with tea and coffee and on breakfast cereal etc.) <i>(Circle <u>one only</u>)</i></p> <p style="padding-left: 40px;">None 1</p> <p style="padding-left: 80px;">1 to 4 teaspoons per day 2</p> <p style="padding-left: 80px;">5 to 8 teaspoons per day 3</p> <p style="padding-left: 80px;">9 to 12 teaspoons per day 4</p> <p style="padding-left: 80px;">More than 12 teaspoons per day 5</p> <p>9 On average, how many eggs do you usually eat per week? <i>(Circle <u>one only</u>)</i></p> <p style="padding-left: 40px;">I don't eat eggs 1</p> <p style="padding-left: 40px;">Less than 1 egg per week 2</p> <p style="padding-left: 80px;">1 to 2 eggs per week 3</p> <p style="padding-left: 80px;">3 to 5 eggs per week 4</p> <p style="padding-left: 80px;">6 or more eggs per week 5</p> <p>10 What types of cheese do you usually eat? <i>(Circle <u>all that apply</u>)</i></p> <p style="padding-left: 40px;">a I don't eat cheese 1</p> <p style="padding-left: 40px;">b Hard cheeses, eg parmesan, romano 1</p> <p style="padding-left: 40px;">c Firm cheeses, eg cheddar, edam 1</p> <p style="padding-left: 40px;">d Soft cheeses, eg camembert, brie 1</p> <p style="padding-left: 40px;">e Ricotta or cottage cheese 1</p> <p style="padding-left: 40px;">f Cream cheese 1</p> <p style="padding-left: 40px;">g Low fat cheese 1</p> |
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For each food shown on this page, indicate HOW MUCH ON AVERAGE YOU WOULD USUALLY HAVE EATEN AT MAIN MEALS DURING **THE PAST 12 MONTHS**. When answering each question think of the amount of that food you usually ate even though you may rarely have eaten the food on its own. If you usually ate more than one helping circle the number for the serving size closest to the **TOTAL AMOUNT** you ate.

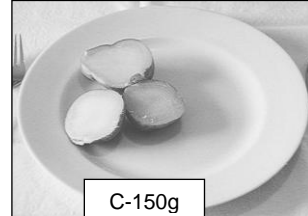
11 When you ate potato, did you usually eat: I never ate potato 1



A - 60g



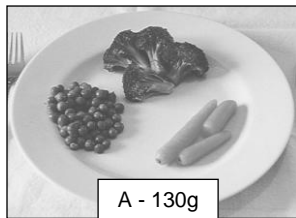
B-100g



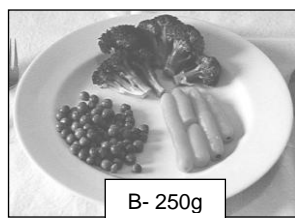
C-150g

Less than A A Between A & B B Between B & C C More than C

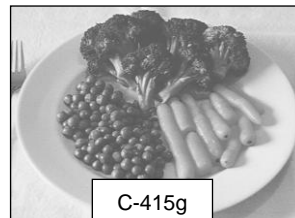
12 When you ate vegetables, did you usually eat: I never ate vegetables 1



A - 130g



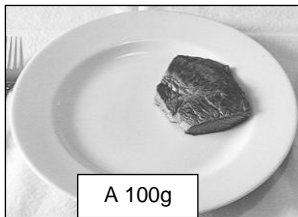
B- 250g



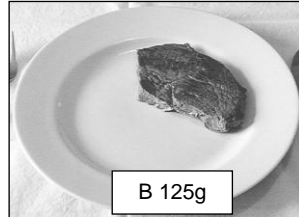
C-415g

Less than A A Between A & B B Between B & C C More than C

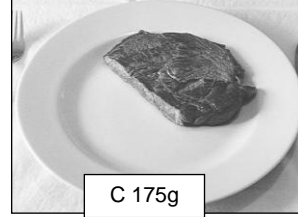
13 When you ate steak, did you usually eat: I never ate steak 1



A 100g



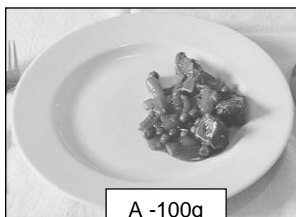
B 125g



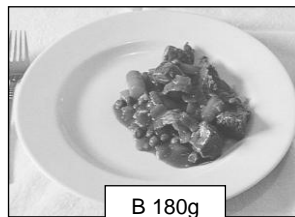
C 175g

Less than A A Between A & B B Between B & C C More than C

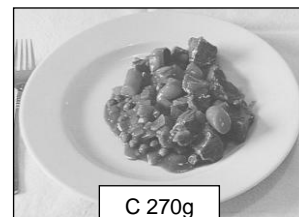
14 When you ate meat or vegetable casserole, did you usually eat: I never ate casserole 1



A -100g



B 180g



C 270g

Less than A A Between A & B B Between B & C C More than C

k	Peaches or nectarines				
l	Mango or paw paw				
m	Avocado				
VEGETABLES (INCLUDING FRESH, FROZEN AND TINNED)					
a	Potatoes roasted or fried (include hot chips)				
b	Potatoes cooked without fat				
c	Tomato sauce, tomato paste or dried tomatoes				
d	Fresh or tinned tomatoes				
e	Peppers (capsicum)				
f	Lettuce, endive, or other salad greens				
g	Cucumber				
h	Celery				
i	Beetroot				
j	Carrots				
k	Cabbage or Brussels sprouts				
l	Cauliflower				
m	Broccoli				
n	Silverbeet or spinach				
o	Peas				
p	Green beans				
q	Bean sprouts or alfalfa sprouts				
r	Baked beans				
s	Soy beans, soy bean curd or tofu				
t	Other beans (include chick peas, lentils etc)				
u	Pumpkin				
v	Onion or leeks				
w	Garlic (not garlic tablets)				
x	Mushrooms				
y	Zucchini				

