|  |  |
| --- | --- |
|  | **how often do you eat**  |
|  | **daily** | **weekly** | **monthly** | **seasonal**  | **occasional**  | **never** |
| **tomatoes** |   |   |   |   |   |   |
| **aubergines** |   |   |   |   |   |   |
| **peas** |   |   |   |   |   |   |
| **french beans** |   |   |   |   |   |   |
| **runner beans** |   |   |   |   |   |   |
| **Kidney beans**  |   |   |   |   |   |   |
| **Soya beans**  |   |   |   |   |   |   |
| **Chickpeas**  |   |   |   |   |   |   |
| **Lentils** |   |   |   |   |   |   |
| **Carrots**  |   |   |   |   |   |   |
| **Pumpkin** |   |   |   |   |   |   |
| **Beet root** |   |   |   |   |   |   |
| **Celery** |   |   |   |   |   |   |
| **Parsley** |   |   |   |   |   |   |
| **Spinage** |   |   |   |   |   |   |
| **Lettuce** |   |   |   |   |   |   |
| **Rocket** |   |   |   |   |   |   |
| **Broccoli** |   |   |   |   |   |   |
| **Cauliflower** |   |   |   |   |   |   |
| **Cabbage** |   |   |   |   |   |   |
| **Brussels sprouts**  |   |   |   |   |   |   |
| **Cucumber**  |   |   |   |   |   |   |
| **Asparagus**  |   |   |   |   |   |   |
| **Fennel** |   |   |   |   |   |   |
| **Cereriac** |   |   |   |   |   |   |
| **Peppers** |   |   |   |   |   |   |
| **Butternut squash**  |   |   |   |   |   |   |
|  |   |   |   |   |   |   |
| **Avocardo** |   |   |   |   |   |   |
| **Bannana** |   |   |   |   |   |   |
| **Mango** |   |   |   |   |   |   |
| **Pineapple** |   |   |   |   |   |   |
| **Papaya** |   |   |   |   |   |   |
| **Passionfruit** |   |   |   |   |   |   |
| **Orange** |   |   |   |   |   |   |
| **Mandarin** |   |   |   |   |   |   |
| **Grapefruit** |   |   |   |   |   |   |
| **Pomelo** |   |   |   |   |   |   |
| **Lemon** |   |   |   |   |   |   |
| **Lime** |   |   |   |   |   |   |
| **Grapes**  |   |   |   |   |   |   |
| **Kiwi** |   |   |   |   |   |   |
| **Apricots** |   |   |   |   |   |   |
| **Peach** |   |   |   |   |   |   |
| **Apple** |   |   |   |   |   |   |
| **Pear** |   |   |   |   |   |   |
| **Plum** |   |   |   |   |   |   |
| **Cherries** |   |   |   |   |   |   |
| **Blackberries** |   |   |   |   |   |   |
| **Blueberries** |   |   |   |   |   |   |
| **Raspberries** |   |   |   |   |   |   |
| **Red currants** |   |   |   |   |   |   |
| **White currants** |   |   |   |   |   |   |
| **Black currants** |   |   |   |   |   |   |
| **Figs** |   |   |   |   |   |   |
| **Dates** |   |   |   |   |   |   |
| **Watermelon** |   |   |   |   |   |   |
| **Guava** |   |   |   |   |   |   |
| **Persimmon** |   |   |   |   |   |   |
| **Rhubarb**  |   |   |   |   |   |   |
| **Gooseberries**  |   |   |   |   |   |   |
|  |   |   |   |   |   |   |
| **Cows milk** |   |   |   |   |   |   |
| **Goat milk** |   |   |   |   |   |   |
| **Sheep’s milk** |   |   |   |   |   |   |
| **Soya milk** |   |   |   |   |   |   |
| **Almond milk** |   |   |   |   |   |   |
| **Oat milk** |   |   |   |   |   |   |
| **Rice milk** |   |   |   |   |   |   |
| **Almond milk** |   |   |   |   |   |   |
| **Coconut milk** |   |   |   |   |   |   |
|  |   |   |   |   |   |   |
| **Plain yogurt** |   |   |   |   |   |   |
| **Fruit yogurt** |   |   |   |   |   |   |
| **Cream** |   |   |   |   |   |   |
| **Ice cream** |   |   |   |   |   |   |
| **Custard** |   |   |   |   |   |   |
| **Whey protein** |   |   |   |   |   |   |
|  |   |   |   |   |   |   |
| **Hard chease** |   |   |   |   |   |   |
| **Soft chease** |   |   |   |   |   |   |
| **Cottage chease** |   |   |   |   |   |   |
| **Goats chease** |   |   |   |   |   |   |
| **Sheep’s chease** |   |   |   |   |   |   |
| **Ricotta**  |   |   |   |   |   |   |
| **Butter** |   |   |   |   |   |   |
| **Gee** |   |   |   |   |   |   |
|  |   |   |   |   |   |   |
| **White bread** |   |   |   |   |   |   |
| **Wholemeal bread** |   |   |   |   |   |   |
| **Ryebread** |   |   |   |   |   |   |
| **Gluten free bread** |   |   |   |   |   |   |
| **Seeded bread** |   |   |   |   |   |   |
| **Sourdough bread**  |   |   |   |   |   |   |
| **Home made bread** |   |   |   |   |   |   |
|  |   |   |   |   |   |   |
| **Shop brought granola**  |   |   |   |   |   |   |
| **Home made granola** |   |   |   |   |   |   |
| **Corn flakes** |   |   |   |   |   |   |
| **Porridge (from scratch)** |   |   |   |   |   |   |
| **Porridge (from shop with added flavour etc)** |   |   |   |   |   |   |
| **Other shop brough cereals**  |   |   |   |   |   |   |
|  |   |   |   |   |   |   |
| **Pasta** |   |   |   |   |   |   |
| **Wheat** |   |   |   |   |   |   |
| **Rye** |   |   |   |   |   |   |
| **Barley** |   |   |   |   |   |   |
| **Spelt** |   |   |   |   |   |   |
| **Oats** |   |   |   |   |   |   |
| **Millet** |   |   |   |   |   |   |
| **White long grain rice** |   |   |   |   |   |   |
| **Brown long grain rice** |   |   |   |   |   |   |
| **Wild rice** |   |   |   |   |   |   |
| **Risotto rice** |   |   |   |   |   |   |
| **White basmati rice**  |   |   |   |   |   |   |
| **Brown basmati rice**  |   |   |   |   |   |   |
| **Potatoes** |   |   |   |   |   |   |
| **Sweet potatoes** |   |   |   |   |   |   |
| **Corn** |   |   |   |   |   |   |
| **Quinoa** |   |   |   |   |   |   |
| **Amaranth** |   |   |   |   |   |   |
| **Buckwheat**  |   |   |   |   |   |   |
| **Couscous**  |   |   |   |   |   |   |
|  |   |   |   |   |   |   |
| **Rice cakes** |   |   |   |   |   |   |
| **Corn cakes** |   |   |   |   |   |   |
| **Oat cakes** |   |   |   |   |   |   |
|  |   |   |   |   |   |   |
| **Sesame seeds**  |   |   |   |   |   |   |
| **Linseeds** |   |   |   |   |   |   |
| **Hemp seeds** |   |   |   |   |   |   |
| **Pumpkin seeds**  |   |   |   |   |   |   |
| **Sunflower seeds**  |   |   |   |   |   |   |
| **Flax seed**  |   |   |   |   |   |   |
| **Chia seed** |   |   |   |   |   |   |
| **Poppy seeds** |   |   |   |   |   |   |
|  |   |   |   |   |   |   |
| **Walnuts** |   |   |   |   |   |   |
| **Almonds** |   |   |   |   |   |   |
| **Peanuts** |   |   |   |   |   |   |
| **Hazelnuts** |   |   |   |   |   |   |
| **Brazil nuts** |   |   |   |   |   |   |
| **Pistachios** |   |   |   |   |   |   |
| **Cashew nuts** |   |   |   |   |   |   |
| **Pecan nuts** |   |   |   |   |   |   |
| **Macadamia nuts** |   |   |   |   |   |   |
| **Chestnuts** |   |   |   |   |   |   |
| **Pine nuts** |   |   |   |   |   |   |
| **Coconut** |   |   |   |   |   |   |
|  |   |   |   |   |   |   |
| **Beef** |   |   |   |   |   |   |
| **Veal** |   |   |   |   |   |   |
| **Pork** |   |   |   |   |   |   |
| **Lamb**  |   |   |   |   |   |   |
| **Chicken**  |   |   |   |   |   |   |
| **Turkey** |   |   |   |   |   |   |
| **Rabbit** |   |   |   |   |   |   |
| **Venison**  |   |   |   |   |   |   |
| **Wild boar** |   |   |   |   |   |   |
| **Pheasant** |   |   |   |   |   |   |
| **Duck** |   |   |   |   |   |   |
| **Cured meats** |   |   |   |   |   |   |
| **Gammon** |   |   |   |   |   |   |
| **Ham**  |   |   |   |   |   |   |
| **Sausages**  |   |   |   |   |   |   |
| **Bacon** |   |   |   |   |   |   |
| **Offal**  |   |   |   |   |   |   |
|  |   |   |   |   |   |   |
| **Tuna** |   |   |   |   |   |   |
| **Salmon** |   |   |   |   |   |   |
| **Mackerel**  |   |   |   |   |   |   |
| **Sardines** |   |   |   |   |   |   |
| **Trout** |   |   |   |   |   |   |
| **Herring** |   |   |   |   |   |   |
| **Anchovies**  |   |   |   |   |   |   |
| **Cod** |   |   |   |   |   |   |
| **Haddock** |   |   |   |   |   |   |
| **Halibut** |   |   |   |   |   |   |
| **Plaice** |   |   |   |   |   |   |
| **Sole** |   |   |   |   |   |   |
| **Sea bass** |   |   |   |   |   |   |
| **Oysters** |   |   |   |   |   |   |
| **Crab** |   |   |   |   |   |   |
| **Prawns**  |   |   |   |   |   |   |
| **Lobster** |   |   |   |   |   |   |
| **Crayfish** |   |   |   |   |   |   |
| **Snails**  |   |   |   |   |   |   |
| **Mussels** |   |   |   |   |   |   |
| **Scallops** |   |   |   |   |   |   |
| **Clam**  |   |   |   |   |   |   |
| **Squid** |   |   |   |   |   |   |
| **Octopus** |   |   |   |   |   |   |
|  |   |   |   |   |   |   |
| **Garlic** |   |   |   |   |   |   |
| **Ginger** |   |   |   |   |   |   |
| **Onions** |   |   |   |   |   |   |
| **Chillies** |   |   |   |   |   |   |
| **Black pepper** |   |   |   |   |   |   |
| **Paprika**  |   |   |   |   |   |   |
| **Turmeric**  |   |   |   |   |   |   |
| **Mustard** |   |   |   |   |   |   |
| **Curry powder** |   |   |   |   |   |   |
| **Cardamom**  |   |   |   |   |   |   |
| **Cloves** |   |   |   |   |   |   |
| **Coriander** |   |   |   |   |   |   |
| **Cumin**  |   |   |   |   |   |   |
| **Cinnamon** |   |   |   |   |   |   |
| **Ground mixed spice**  |   |   |   |   |   |   |
| **Star anise** |   |   |   |   |   |   |
|  |   |   |   |   |   |   |
| **Mushrooms**  |   |   |   |   |   |   |
| **Bakers yeast** |   |   |   |   |   |   |
| **Brewers yeast** |   |   |   |   |   |   |
| **Vinegar** |   |   |   |   |   |   |
| **Marmite** |   |   |   |   |   |   |
|  |   |   |   |   |   |   |
| **Chicken eggs** |   |   |   |   |   |   |
| **Duck eggs** |   |   |   |   |   |   |
| **Goose eggs** |   |   |   |   |   |   |
| **Turkey eggs**  |   |   |   |   |   |   |
| **Quail eggs** |   |   |   |   |   |   |
| **Mayonnaise** |   |   |   |   |   |   |
|  |   |   |   |   |   |   |
| **Olive oil**  |   |   |   |   |   |   |
| **Extra virgin olive oil** |   |   |   |   |   |   |
| **Sunflower oil** |   |   |   |   |   |   |
| **Rapeseed oil** |   |   |   |   |   |   |
| **Walnut oil** |   |   |   |   |   |   |
| **Hazelnut oil** |   |   |   |   |   |   |
| **Coconut oil** |   |   |   |   |   |   |
| **Palm oil**  |   |   |   |   |   |   |
| **Soya oil** |   |   |   |   |   |   |
| **Corn oil**  |   |   |   |   |   |   |
| **Linseed oil** |   |   |   |   |   |   |
| **Hempseed oil** |   |   |   |   |   |   |
| **Margarine**  |   |   |   |   |   |   |
| **Ghee**  |   |   |   |   |   |   |
|  |  |  |  |  |  |  |
| **Sea salt**  |   |   |   |   |   |   |
| **Table salt** |   |   |   |   |   |   |
| **Rock salt** |   |   |   |   |   |   |
| **Himalayan salt** |   |   |   |   |   |   |
| **LoSalt** |   |   |   |   |   |   |
|  |   |   |   |   |   |   |
| **Granulated sugar** |   |   |   |   |   |   |
| **Caster sugar** |   |   |   |   |   |   |
| **Brown sugar** |   |   |   |   |   |   |
| **Molasses** |   |   |   |   |   |   |
| **Artificial sweeteners**  |   |   |   |   |   |   |
| **Xylitol** |   |   |   |   |   |   |
| **Stevia**  |   |   |   |   |   |   |
| **Agave** |   |   |   |   |   |   |
| **Maple syrup** |   |   |   |   |   |   |
| **Honey** |   |   |   |   |   |   |
|  |   |   |   |   |   |   |
| **Dark chocolate** |   |   |   |   |   |   |
| **Milk chocolate**  |   |   |   |   |   |   |
| **White chocolate**  |   |   |   |   |   |   |
| **Chocolate bars** |   |   |   |   |   |   |
| **Sweets** |   |   |   |   |   |   |
| **Biscuits** |   |   |   |   |   |   |
| **Cakes** |   |   |   |   |   |   |
| **Pastries** |   |   |   |   |   |   |
| **Croissants** |   |   |   |   |   |   |
| **Jam** |   |   |   |   |   |   |
| **Pop corn** |   |   |   |   |   |   |
|  |   |   |   |   |   |   |
| **Pizza**  |   |   |   |   |   |   |
| **Ready meals** |   |   |   |   |   |   |
| **Take away** |   |   |   |   |   |   |
| **Crisps** |   |   |   |   |   |   |
| **Soup - home made** |   |   |   |   |   |   |
| **Soup - shop brought**  |   |   |   |   |   |   |
|  |   |   |   |   |   |   |
| **Home made juice** |   |   |   |   |   |   |
| **Processed juices** |   |   |   |   |   |   |
| **Squash** |   |   |   |   |   |   |
| **Coconut water** |   |   |   |   |   |   |
| **Water** |   |   |   |   |   |   |
| **Fizzy drinks** |   |   |   |   |   |   |
| **Diet fizzy drinks** |   |   |   |   |   |   |
| **Coffee** |   |   |   |   |   |   |
| **Decaf coffee** |   |   |   |   |   |   |
| **Tea** |   |   |   |   |   |   |
| **Herbal/fruit tea** |   |   |   |   |   |   |
| **Green tea** |   |   |   |   |   |   |
| **Hot chocolate**  |   |   |   |   |   |   |
|  |   |   |   |   |   |   |
| **Beer** |   |   |   |   |   |   |
| **Wine**  |   |   |   |   |   |   |
| **Cider** |   |   |   |   |   |   |
| **Spirits** |   |   |   |   |   |   |