|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **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** |  |  |  |  |  |  |