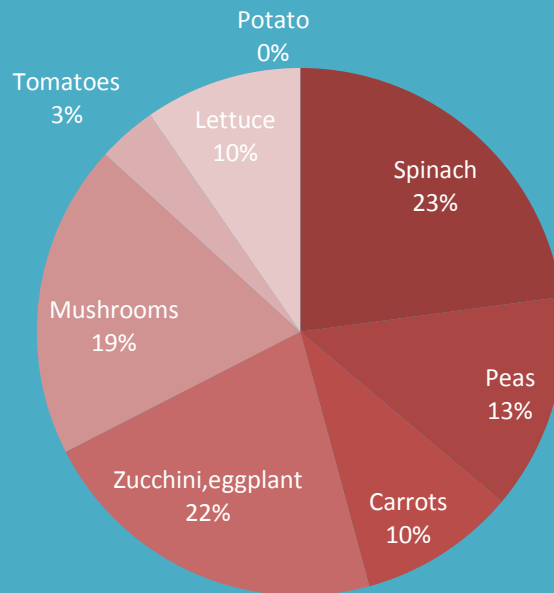
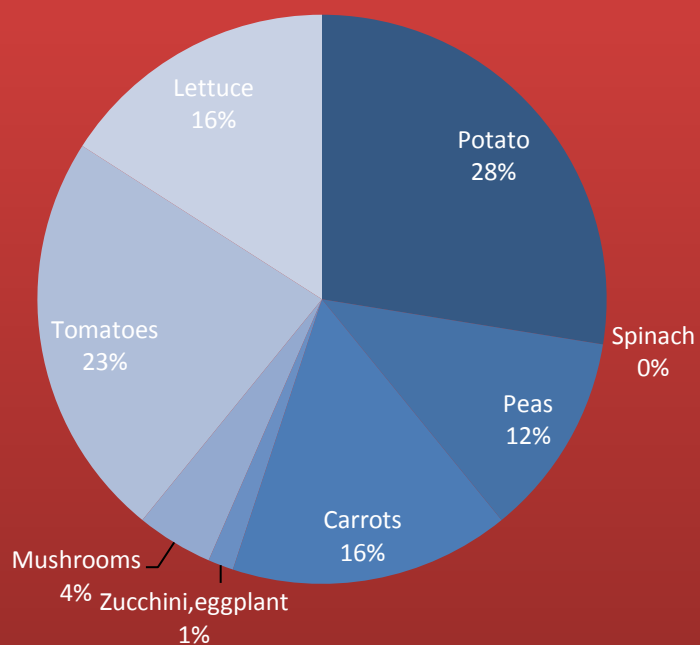


# HOW MANY TIMES A WEEK DO YOU USUALLY EAT A SERVING OF THESE VEGETABLES?

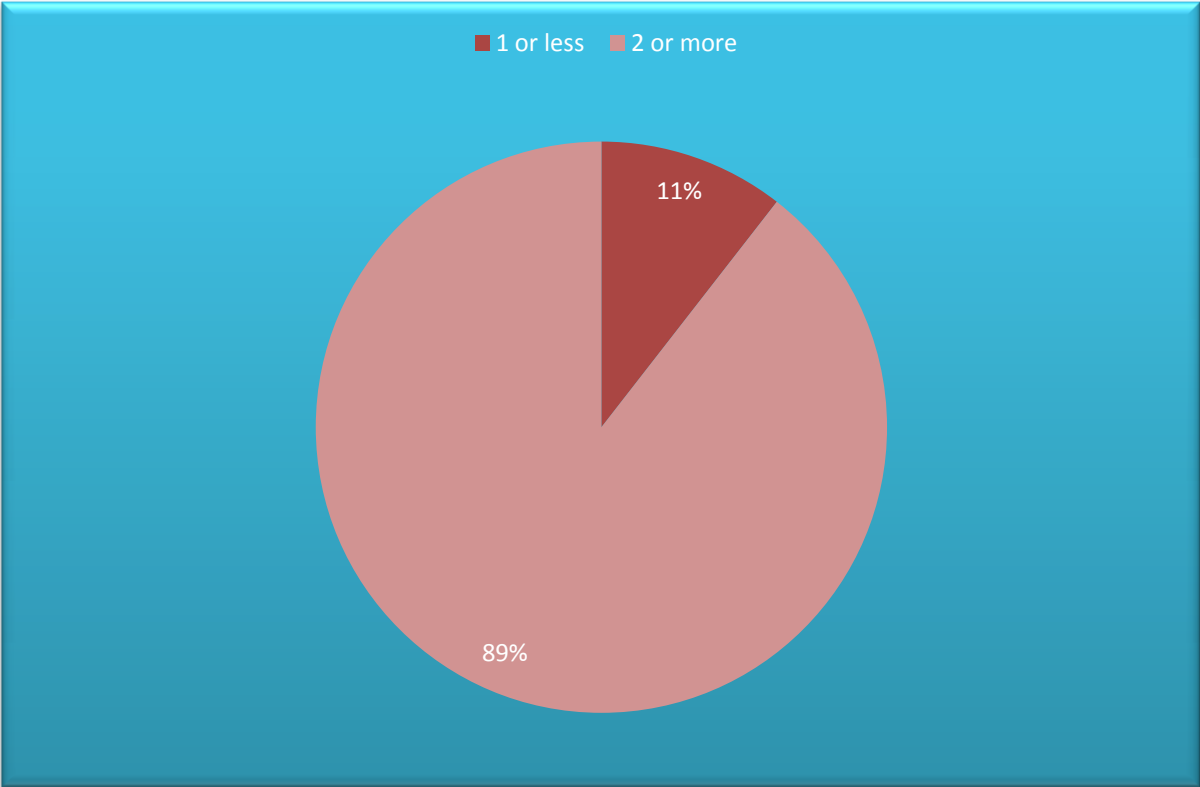
## Last than once a week or never



## Once a week or more often



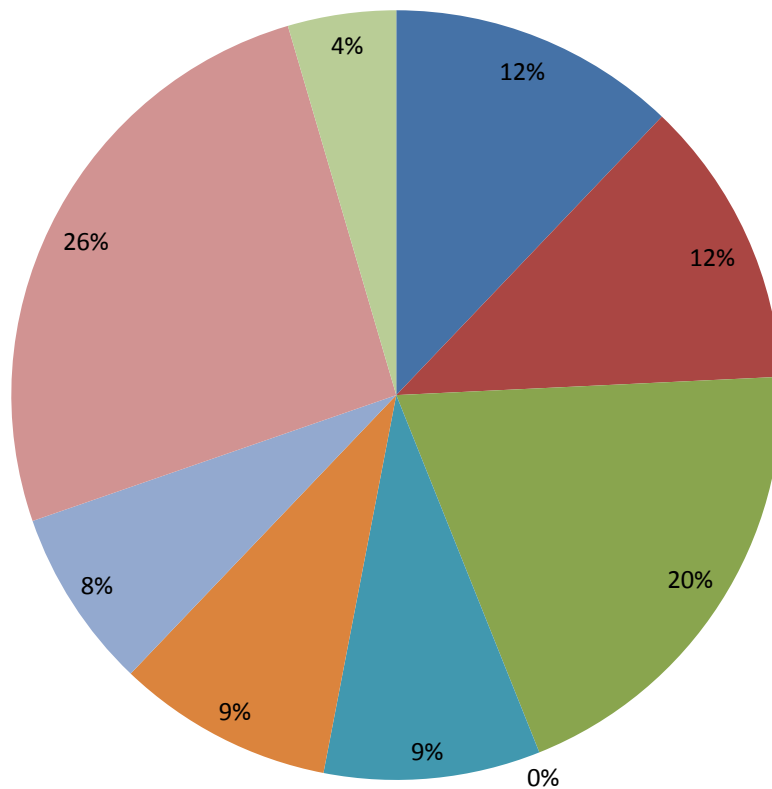
# How many pieces of fruit do you usually eat per day?



# HOW MANY TIMES A WEEK DO YOU USUALLY EAT A SERVING OF THESE FRUITS?

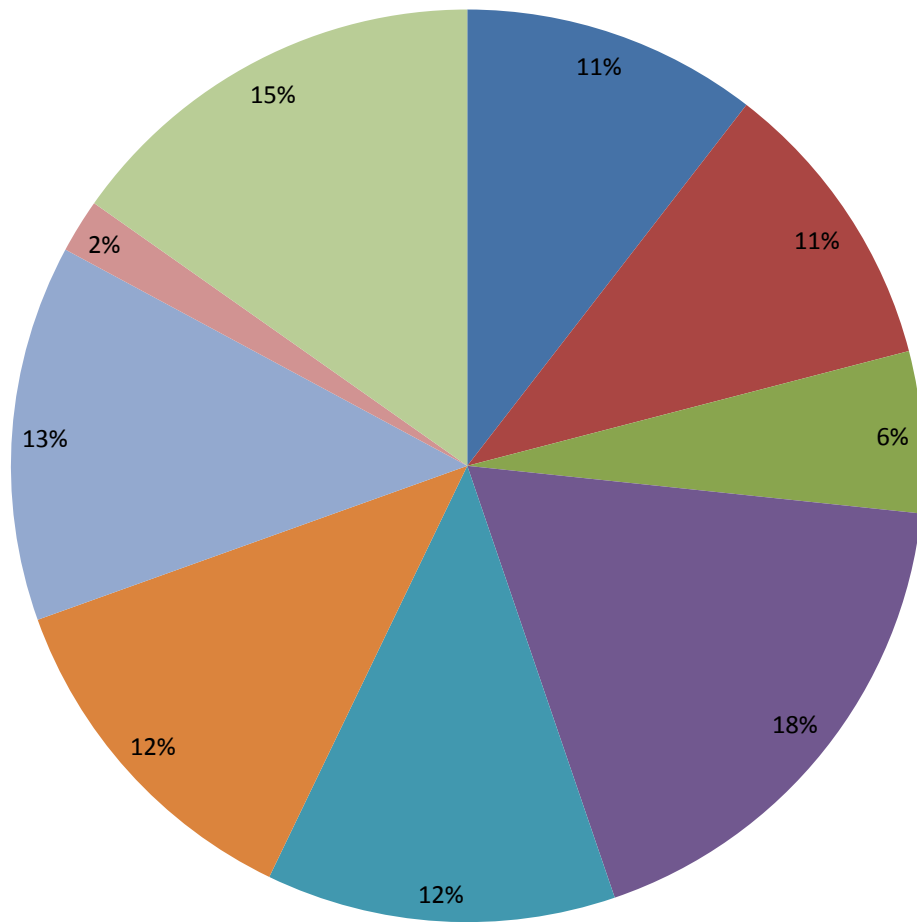
## Less than once a week or never

- Canned Friut
- Dried Friut,e.g. Sultanas,dried apricots
- Orange,Mandarine,Grapefruit
- Peach,Plum or apricto
- Grapes,Strawberries,Blueberries
- Fresh Fruit Salad
- Apple or pear
- Banana
- Pineapple

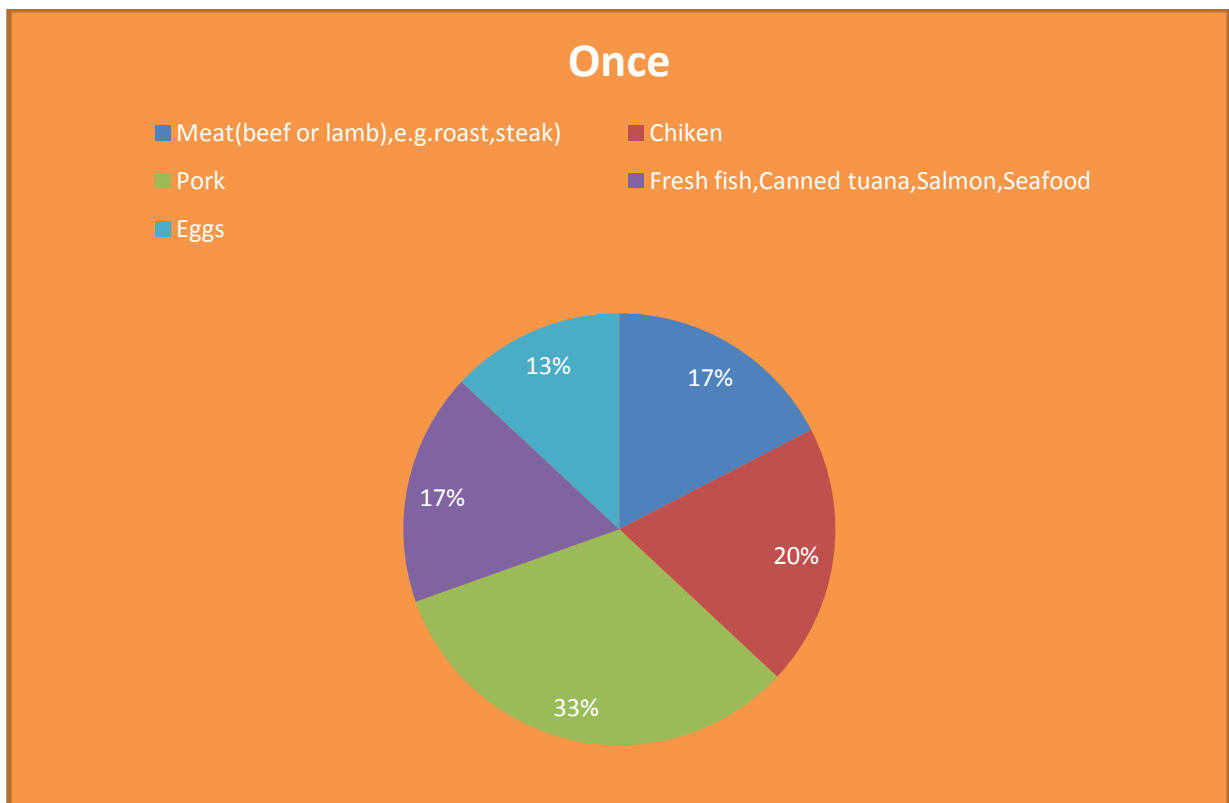
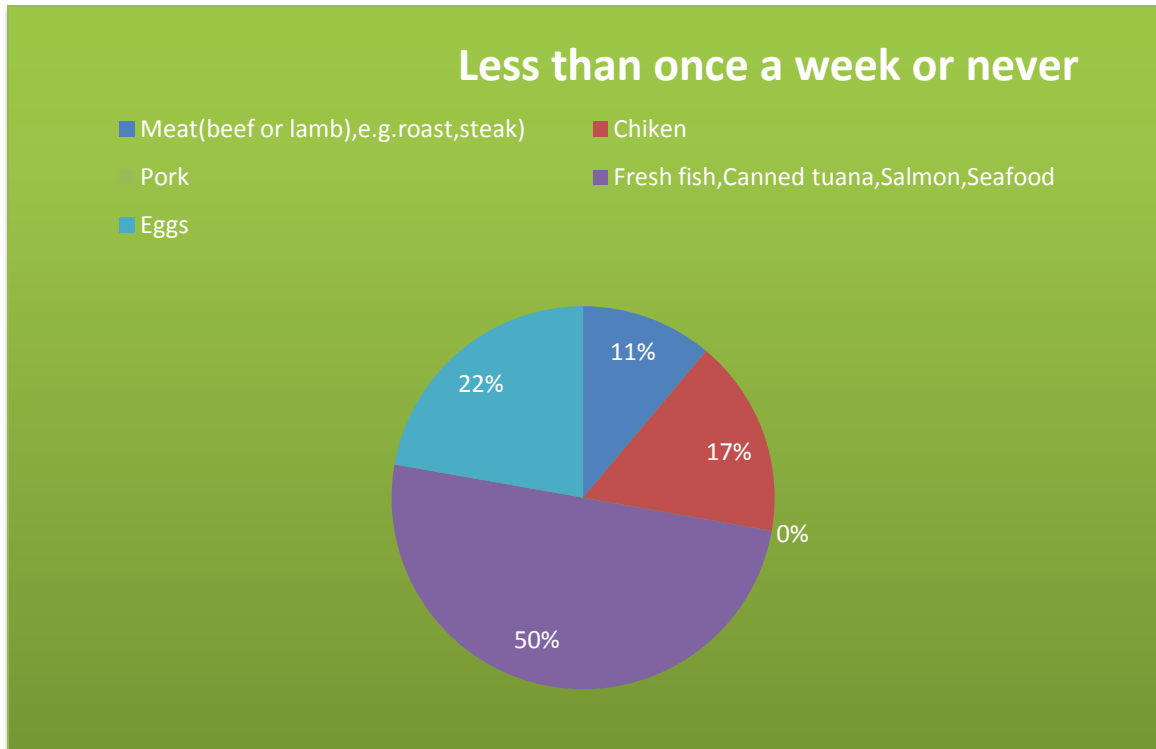


## Once a week or more often

- Canned Friut
- Fresh Fruit Salad
- Dried Friut,e.g. Sultanas,dried apricots
- Apple or pear
- Orange,Mandarine,Grapefruit
- Banana
- Peach,Plum or apricto
- Pineapple
- Grapes,Strawberries,Blueberries

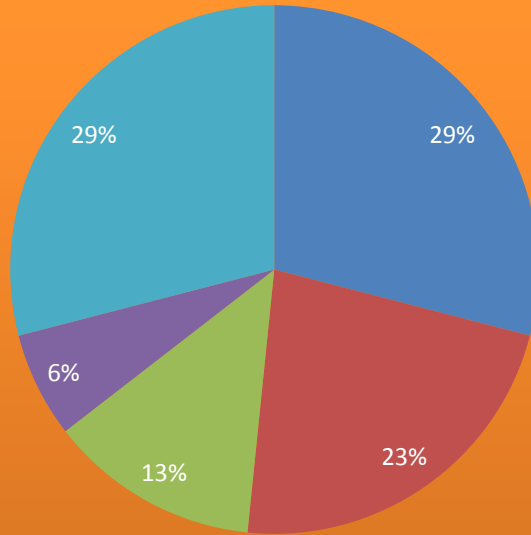


# HOW MANY TIMES A WEEK DO YOU USUALLY EAT A SERVING OF THESE PROTEIN FOODS?



## 2 or more

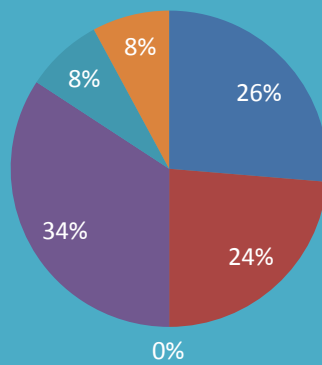
- Meat (beef or lamb), e.g. roast, steak
- Pork
- Eggs
- Chicken
- Fresh fish, Canned tuna, Salmon, Seafood



# HOW MANY TIMES A WEEK DO YOU USUALLY EAT A SERVING/BOWL/Slice OF THESE GRAINS?

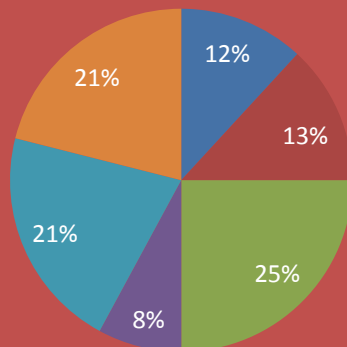
## Less than once a week or never

- Museli
- Bread
- Pasta, e.g. Spaghetti, Lasagne
- Breakfast cereal, e.g. Cornflakes
- Rice
- Clear soup with rice or noodles

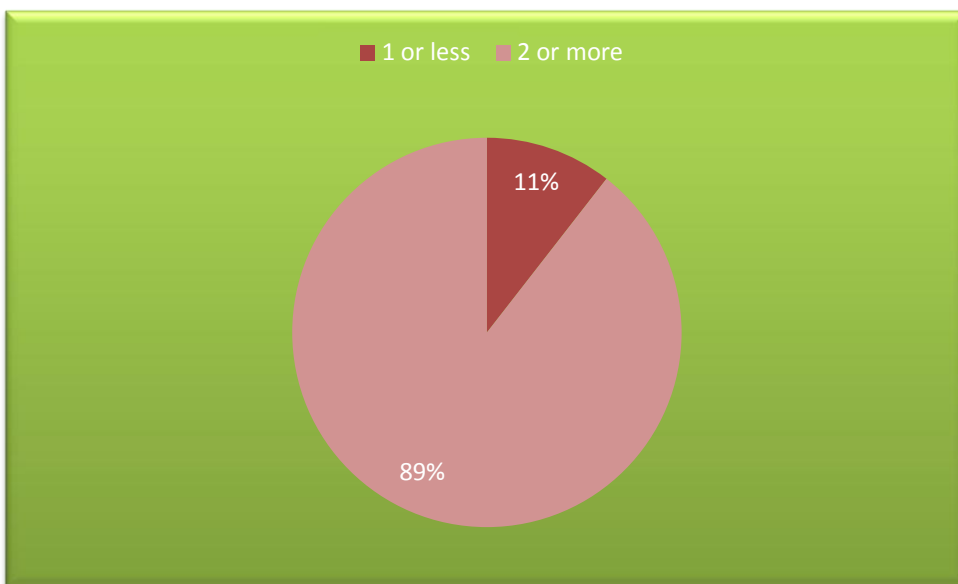


## Once a week or more often

- Museli
- Bread
- Pasta, e.g. Spaghetti, Lasagne
- Breakfast cereal, e.g. Cornflakes
- Rice
- Clear soup with rice or noodles



# How many times a day you have a glass of milk, yogurt or a slice of cheese?





# HOW MANY TIMES DO YOU USUALLY EAT/DRINK A SERVING/GLASS/Slice OF THESE DAIRY FOODS?

