



How often do you eat the following foods?	Never	Less than once a month	1-3 times per week	Once a week	2-4 times per week	5-6 times per week	Every day
A bowl (80g) of dark green leafy veg, such as watercress, spinach, rocket, kale or chard (fresh or cooked)							
A palm-sized portion of oily fish, such as salmon, mackerel, anchovies, sardines, sprats, whitebait, or herring (fresh, frozen or tinned)							
A mug sized portion of berries, such as strawberries, blueberries, raspberries, blackberries, or cranberries (fresh or frozen)							
A mug-sized portion of beans and legumes, such as baked beans, kidney beans, chickpeas (including hummus), butter beans or lentils.							
A fist-sized portion of wholegrain foods, such as brown rice, wholewheat pasta, whole oats, barley, or wholegrain sourdough bread.							
A palm-sized portion of meat such as chicken breast or leg, pork or lamb chop or beef steak or Tofu.							
Processed products either meat or plant-based sausages, salami, chorizo, ham, bacon or burgers.							
Sweet snack foods, such as chocolate bars, breakfast biscuits, granola/cereal bars, gummy sweets, a slice of cake or pie.							
Vegetables from the onion family, such as onions, leeks, chives, shallots, spring onions or garlic.							
Root vegetables, such as carrots, parsnips, swede, celeriac, and Jerusalem artichokes.							
Tea (white, green, or black) coffee.							
Naturally or artificially sweetened beverages, such as cordial, iced coffee, ready-made drinks, energy drinks or sports drinks.							
Raw unsalted nuts, such as Brazil nuts, almonds, hazelnuts, and walnuts.							
Spices, such as cinnamon, coriander (seed), cumin, turmeric, chillies or paprika.							
Herbs, such as parsley, rosemary, thyme, or basil (fresh or dried).							
Cook or dress food with olive oil.							