



In the chart below indicate which foods and drinks that you enjoy and how often you have them.	Daily	Weekly	Occasionally/Never	Comments
Breakfast cereal: muslie porridge allbran Other:				
Dry biscuits:				
Bread: white wholemeal wholegrain sourdough				
Muffins				
Rice: brown white Other				
Pasta				
Noodles				
Potato				
Sweet potato				
Corn				
Baked beans				
Lentils				
Chick peas				
Cakes				
Sweet Biscuits				
Cheese				
Eggs				
Tinned fish tuna sardines salmon				
Fresh fish				

In the chart below indicate which foods and drinks that you enjoy and how often you have them.	Daily	Weekly	Occasionally/Never	Comments
Type?				
Chicken				
Red meat: beef lamb pork veal wallaby/kangaroo				
Other				
Avocado				
Butter				
Oil				
Nuts: pistachio walnut almond brazil hazelnut pinenut cashews pecans peanuts macadamias				
Seeds: linseeds (flaxseed) sunflower pumpkin sesame				
Vegetables				
Fruit				