

Food Frequency Questionnaire (FFQ)

Subject no:

Name:

Age:

Marital Status:

Gender: M / F

Race: Chinese / Indian

Contact no/ email address:

Breads and Cereals

Food Item	Portion	Number of times eaten			
How often do you eat the following:		Per day	Per week	Per month	Rarely/Never
Bread					
1 White bread	1 slice or 1 piece				
2 Whole meal bread	1 slice or 1 piece				
3 Bread with fruits and nuts	1 slice or 1 piece				
Bread spreads used					
4 Butter	1 tsp (D2)				
5 Margarine	1 tsp (D2)				
6 Peanut butter	1 tsp (D2)				
7 Jams/honey	1 tsp (D2)				
8 Kaya	1 tsp (D2)				
9 Lard	1 tsp (D2)				
Other types of breads					
10 Roti/Chapati (wheat)	1 piece				
Naan					
Prata (All-purpose flour/Maida)					
11 Thosai	1 piece				
Idli					
Vadai					
Others					
12 French toast/roti telur/roti john	1 piece				
13 Bread buns with coconut/curry/meat fillings	1 piece				
Cereals					
14 Plain/flavoured breakfast cereals	4 dsp (D1)				
15 Mixed (with fruit/nuts) breakfast cereals	4 dsp (D1)				
For participants who consume breakfast cereals (#14, 15):					
A You have indicated that you eat breakfast cereals. How often do you have breakfast cereals made from whole-grains?	4 dsp (D1)				
B Oats/oatmeal (raw)	4 dsp (D1)				

Rice and Porridge

Food Item	Portion	Number of times eaten			
How often do you eat the following:		Per day	Per week	Per month	Rarely/Never
Bread					
16 white rice/red rice/brown rice	1B1				
17 Plain porridge	1B1				
Flavoured rice/porridge					
18 Fried rice	1B1				
19 Chicken/duck rice/Chicken	1 Portion				

	biryani	
20	Mui fan/curd rice	1 Portion
21	Nasi briyani	1 Portion
22	Nasi lemak	1 Portion
23	Claypot rice	1 Portion
24	Glutinous rice	1 Portion
25	Flavored porridge (e.g. chicken, pork, duck, fish)	1 Portion

Noodles (rice noodles, wheat noodles, bean noodles, pasta)

Food Item	Portion	Number of times eaten			
How often do you eat the following:		Per day	Per week	Per month	Rarely/Never

Soup noodles

26	Fishball/yong tau foo/wanton/prawn/ beef/chicken/ fish slice	1 Portion
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For participants who consume Soup noodles(#26):

C	You have indicated that you eat noodles in soup. How often do you have soup noodles prepared using brown rice beehoon?	1portion
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Noodles in gravy

27	Lor mee/mee rebus	1 Portion
28	Laksa lemak	1 Portion
29	Mee siam (with coconut milk)	1 Portion

Other Noodles

30	Instant noodles	1 Portion
31	Boiled noodles / spaghetti / pasta (plain)	1 Portion
32	Boiled noodles / spaghetti / pasta with tomato sauce	1 Portion
33	Boiled noodles / spaghetti / pasta with cream white sauce	1 Portion

For participants who consume boiled spaghetti/pasta (#30-33):

D	You have indicated that you eat boiled spaghetti/pasta. How often do you have spaghetti/pasta prepared using wholemeal spaghetti/pasta?	1 portion
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Vegetables and Beancurd

Food Item	Portion	Number of times eaten			
How often do you eat the following:		Per day	Per week	Per month	Rarely/Never

Pale green leafy vegetables (cabbage, pak choy, lettuce, beansprouts, cauliflower etc)

34	Stir fried, plain	½ cup
35	Stir fried, with meat/ seafood	½ cup
36	Stir fried in oyster sauce	½ cup
37	Curry/lemak	½ cup
38	Raw/steamed/in soup	1 cup

Dark green leafy vegetables (spinach, kai lan, chye sim, kangkong, broccoli etc)

39	Stir fried, plain	½ cup
40	Stir fried, with meat/ seafood	½ cup
41	Stir fried in oyster sauce	½ cup
42	Stir fried in sambal belacan/dried prawns	½ cup
43	Raw/steamed/in soup	1 cup

Tomatoes, carrots, red/yellow peppers

44	Stir fried, plain	½ cup
45	Stir fried, with meat/ seafood	½ cup
46	Curry/lemak	½ cup
47	Raw/steamed/in soup	1 cup

Legumes/pulses, e.g. beans, peas

48	Stir fried, plain	½ cup
49	Stir fried in oyster sauce	½ cup
50	Stir fried in sambal belacan	½ cup
51	Dried legumes (e.g.dhal, dried beans) in gravy	½ cup
52	Raw/steamed/boiled	½ cup

Mixed vegetables

53	Stir fried, plain	½ cup
54	Stir fried, with meat/ seafood	½ cup
55	Stir fried in oyster sauce	½ cup
56	Curry/lemak	½ cup
57	Raw/steamed/in soup/ Chinese rojak	1 cup or 1 serving

Tofu/beancurd

58	Fried	½ square
59	Steamed/ in soups	½ square

Roots/stems (potatoes, sweet potatoes, corn etc)

60	Stir fried	1 cup
61	Steamed	1 cup

Fruits

Food Item	Portion	Number of times eaten			
		Per day	Per week	Per month	Rarely/Never
61	Orange/red/yellow fresh fruits	1 serving			
62	Other fresh fruits	1 serving			
63	Fresh fruit juice	1 cup			
64	Bananas	1 medium			
65	Durians	5 seeds			
66	Canned fruits	½ cup			
67	Mixed fruits (dried)	1 serving			

Poultry

Food Item	Portion	Number of times eaten			
		Per day	Per week	Per month	Rarely/Never
68	Steamed	1 serving			
69	Fried	1 serving			

Meat

Food Item	Portion	Number of times eaten			
How often do you eat the following:		Per day	Per week	Per month	Rarely/Never
Meat-lean					
70 Steamed	1 serving				
71 Fried	1 serving				
Meat-lean and fat					
72 Steamed	1 serving				
73 Fried	1 serving				
Meat – preserved/cured					
74 Sausages	One				
75 Ham	1 slice				
76 Bacon	1 slice				
77 Canned (e.g. luncheon meat, corned beef)	Size of 4 square of chocolate				
78 Liver and other innards	Size of 4 square of chocolate				

Fish/Seafood

Food Item	Portion	Number of times eaten			
How often do you eat the following:		Per day	Per week	Per month	Rarely/Never
Fish					
79 Steamed	1 serving				
80 Fried	1 serving				
81 Raw	1 serving				
Other sea-food					
82 Steamed	1 serving				
83 Fried	1 serving				
84 Raw	1 serving				

Eggs

Food Item	Portion	Number of times eaten			
How often do you eat the following:		Per day	Per week	Per month	Rarely/Never
Whole eggs (including salted and century eggs)					
85 Boiled/poached/in soup/steamed	1 egg				
86 Fried/scrambled	1 egg				
Egg whites, only					
87 Boiled/poached/in soup/steamed	1 egg				
88 Fried/scrambled	1 egg				

Desserts/Local Snacks

Food Item	Portion	Number of times eaten			
How often do you eat the following:		Per day	Per week	Per month	Rarely/Never
89 Fried snacks (e.g. you tiao, goreng pisang, Indian rojak, Samosa, Pakodas)	1 piece				
90 Dim sum – steamed (e.g chee cheong fun, dumplings, rice dumplings)	1 serving				

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| 91 | Dim sum – fried/deep fried (e.g. fried carrot cake, wanton, char siew puff) | 1 piece |
| 92 | Sweet Indian snacks (e.g. burfi, halwa) | 1 piece |

Biscuits, Pastries and Cakes

Food Item	Portion	Number of times eaten			
		Per day	Per week	Per month	Rarely/Never
How often do you eat the following:					
93 Plain biscuits	2 pieces				
94 Cream filled biscuits/shortbread	2 pieces				
95 Puff/flaky pastries (croissants, baked curry puffs etc)	1 piece				
96 Plain butter cake/fruit cake	1 piece				
97 Sponge cakes	1 piece				
98 Cream cakes	1 piece				

Fast Foods

Food Item	Portion	Number of times eaten			
		Per day	Per week	Per month	Rarely/Never
How often do you eat the following:					
99 Burgers, with beef or chicken	1 serving				
100 Burgers, fish	1 serving				
101 French fries	1 small serving				
102 Pizza	2 slices				
103 Mashed potato with gravy	1 regular				

Sweetened beverages

Food Item	Portion	Number of times eaten			
		Per day	Per week	Per month	Rarely/Never
How often do you eat the following:					
104 Sweetened beverages (e.g. soft drinks, packet drinks, yoghurt drinks)	1 G2				

All types of Nuts

Food Item	Portion	Number of times eaten			
		Per day	Per week	Per month	Rarely/Never
How often do you eat the following:					
105 Raw	½ M1 or 1 small pkt				
106 Dry roasted	½ M1 or 1 small pkt				
107 Fried	½ M1 or 1 small pkt				

Titbits/Snacks

Food Item	Portion	Number of times eaten			
		Per day	Per week	Per month	Rarely/Never

How often do you eat the following:			Per day	Per week	Per month	Rarely/Never
108	Fried salty snacks (crisps, prawn crackers, keropok, salted biscuits etc)	1 small packet				
109	Ice cream	1 scoop				
110	Chocolate	4 squares				

Milk & Dairy Products

Food Item		Portion	Number of times eaten			
How often do you eat the following:			Per day	Per week	Per month	Rarely/Never
111	Coffee(with & without milk)	1 M1 –D/2 tsp				
112	Tea(with & without milk)	1 M1 –D/2 tsp				
113	Malt beverages (e.g. hot chocolate, Horlicks®, Milo®, Ovaltine®)	1 M1 –D/2 tsp				
114	Full cream milk* (fresh, UHT, powder)	1 G2*				
115	Low fat milk* (fresh, UHT, powder)	1 G2*				
116	Skimmed milk* (fresh, UHT, powder)	1 G2*				
117	Regular yoghurt	1 G1				
118	Low fat (including frozen yoghurt)	1 G1				
119	Cheese	1 slice/4dsp				
120	Paneer	4 cubes				

Soya Products

Food Item		Portion	Number of times eaten			
How often do you eat the following:			Per day	Per week	Per month	Rarely/Never
121	Soya milk (fresh/packet/can)	1 G2				
122	Soya beancurd (tau huay)	1 B1				

Legend

B1: 1 rice bowl (volume of 300ml)

B2: 1 soup bowl (volume of 700ml)

D1: 1 dessert spoon (10ml)

D2: 1 teaspoon (5ml)

G1: Glass (200ml)

G2: Glass (300ml)

M1: Mug (200ml)