

Iodine Food Frequency Questionnaire

Date completed: __ __ / __ __ / __ __

Please read the instructions carefully. You should allow approximately 20 minutes to complete the questionnaire. You are also provided with sample answers to assist you.

Instructions:

- Please complete only one box per row. Do not leave any rows blank.
- Look at the food and serving size of each item and write the number of serves that best matches your intake in the corresponding box.
- If the food is eaten **daily** record this amount in the “**Per Day**” column
- If the food is eaten **weekly** record this amount of the “**Per Week**” column
- If the food is eaten **less than weekly** (for example fortnightly or monthly) record this amount in the “**Per month**” column.
- If you **did not eat** the food in the past month, **tick the “Rarely (<1/month)/Never”** column
- Many items contain more than one food. Ensure that you read all foods and serving sizes listed and estimate the total average you have consumed.
- **Account for all food eaten, including the ingredients added to recipes, eaten in mixed meals and restaurant or take away meals.** There are prompts under the food items to assist you with this.
- Examples and sample answers are provided

We greatly appreciate your cooperation in this study and wish you good luck for the remainder of your pregnancy.

Examples

- If on average you eat 2 slices of bread and 1 medium roll per day, write “4” (2 for bread + 2 for roll) in the box under the “Per day” column for ‘Bread’.
- If on average you have Atlantic salmon for dinner once per week (= 4 times per month) and battered fish from the shop for dinner once per month write “5” in the “Per month” column for ‘Fish’.
- If on average you have a sandwich with 1 slice of processed cheese 2 times per week (1 slice = ½ serving size) and pasta bake with 2 tablespoons of cheese once per week write “2” in the “Per week” column for ‘cheese’.
- If on average you have 2 rows of chocolate per fortnight write “4” in the “Per month” column for ‘Chocolate’.
- If on average you have:
 - 1 muffin per day (= 7 per week) PLUS
 - 2 slices of cake per week PLUS
 - 2 doughnuts per month (= ½ per week)
 You need to add up the average of these up and write “9 ½” (7+2+ ½) in the “Per week” column for ‘Cake’.
- If you did not eat canned tuna in the past month tick the “Rarely (<1/month)/never” column

See the sample answers below:

Foods	Serving size	Per day	Per week	Per Month	Rarely (<1/month)/ Never
Sliced Bread (any type) OR Bread roll OR Hamburger bun <i>Excluding organic or homemade (Eaten at home or from restaurant/ take-away outlets like McDonalds)</i>	1 slice (30g) or ½ medium bread roll or ½ medium bun	4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fillet of fish <i>(Eaten at home or from restaurant/take away. Cooked any way including crumbed/ battered or in meals like stir-fry, pasta or soup)</i>	1 medium fillet (150g)	<input type="checkbox"/>	<input type="checkbox"/>	5	<input type="checkbox"/>
Cheese <i>(All varieties. Include cheese eaten at home or restaurant/take away and added to meals like sandwiches, salads, pasta, hamburgers)</i>	2 slices processed or 40g (=2 tablespoons grated or 2 wedges of cheese)	<input type="checkbox"/>	4	<input type="checkbox"/>	<input type="checkbox"/>
Chocolate OR Chocolate coated nuts/ dried fruit	1 medium bar or 1 row (30g) or ½ cup nuts or fruit (60g= 10 nuts)	<input type="checkbox"/>	<input type="checkbox"/>	4	<input type="checkbox"/>
Cake or Baked sweets <i>(Homemade or purchased including plain and filled cake, cheesecake, muffin, pudding, Danish, pancake, tart)</i>	1 large serve (100-120g) (= 1 large slice of cake; 1 large muffin; 1 large Danish; 2 pancakes)	<input type="checkbox"/>	9 ½	<input type="checkbox"/>	<input type="checkbox"/>
Canned tuna <i>(Including in sandwiches and salads and in meals like pasta and mornay)</i>	1 small can (100g)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Foods	Serving size	Per day	Per week	Per Month	Rarely (<1/month)/ Never
Seafood					
1. Canned tuna <i>(Including in sandwiches and salads and in meals like pasta and mornay)</i>	1 small can (100g)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Canned PINK salmon <i>(Including in sandwiches and salads and in meals)</i>	1 small can (100g)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Canned RED salmon <i>(Including in sandwiches and salads and in meals)</i>	1 small can (100g)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Canned anchovy <i>(Including in sandwiches and meals such as caesar salads, pizza or pasta sauces)</i>	1 small can (45g) (= 10 anchovies)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Canned sardines <i>(Including in sandwiches and salads and in meals)</i>	1 small can (100g)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Fish <i>(Eaten at home or from restaurant/take away. Cooked any way including crumbed/ battered or in meals like stir-fry, pasta or soup)</i>	1 medium fillet (150g)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Prawns <i>(Eaten at home or from restaurant/take away. Cooked any way including crumbed/ battered or in meals like stir-fry, pasta or soup)</i>	6 medium prawns	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Oysters OR Scallops <i>(Fresh, cooked or tinned. Including in meals)</i>	½ dozen (90g)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Mussels <i>(Eaten at home or from restaurant/take away. Cooked any way or in meals like pasta or soup)</i>	6 mussels (50g)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Squid/calamari <i>(Eaten at home or from restaurant/take away. Cooked any way including crumbed/ battered or in meals like stir-fry, pasta or soup)</i>	6 calamari rings (120g)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Lobster <i>(Eaten at home or from restaurant/take away. Eaten fresh or cooked or in meals)</i>	1/2 cup meat (excluding shell) (70g)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Seafood or Fish stick <i>(Eaten at home or from restaurant/take away. Including when added to salads or meals)</i>	2 sticks (80g)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Fish paste/spread	1 tablespoon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cereal Products					
14. Sliced Bread (any type) OR Bread roll OR Hamburger bun <i>(Eaten at home or from restaurant/ take-away outlets) Excluding organic or homemade</i>	1 slice (30g) or ½ medium bread roll or ½ medium bun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Flat bread OR Bagel OR English Muffin <i>(Eaten at home or restaurant/ take-away outlets like yiros/McDonalds)</i>	1 wrap/pita (70g) or 1 small bagel (70g) or 1 English muffin (70g)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. Noodles OR Pasta <i>(Any type including rice/egg/wheat and gluten free options. Eaten at home or from restaurant/take away)</i>	1 cup cooked (200g)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Foods	Serving size	Per day	Per week	Per Month	Rarely (<1/month)/ Never
Cereal Products cont.					
17. Rice <i>(Eaten at home or from restaurant/take away. Including steamed/fried or in meals)</i>	1 cup cooked (200g)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dairy					
18. Full cream milk <i>(Plain or flavoured)</i>	1 glass (250mls)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. Reduced fat milk (1-2% fat) <i>(Plain or flavoured)</i>	1 glass (250mls)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. Skim milk (0.15% fat) <i>(Plain or flavoured)</i>	1 glass (250mls)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. Skim milk powder	1/3 cup (25g)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22. Evaporated milk <i>(Added to meals like curries and soups or desserts. Estimate only your portion eaten)</i>	½ cup (125mls)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23. Cheese <i>(All varieties. Include cheese eaten at home or restaurant/take away and added to meals like sandwiches, salads, pasta, hamburgers)</i>	2 slices processed or 40g (=2 tablespoons grated or 2 wedges of cheese)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24. Yoghurt <i>(All flavours and varieties)</i>	1 tub (200g)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25. Ice-cream <i>(All flavours and varieties)</i>	2 scoops (60g) or 1 Ice cream stick	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26. Dairy dessert <i>(Homemade or commercial Including custard, mousse, creamed rice, rice pudding or crème caramel)</i>	1 cup/tub of custard or mousse (200g) or 1 tub of creamed rice, rice pudding, crème caramel (70- 150g)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Egg					
27. Whole Egg (Excluding Omega 3 enriched Egg) <i>(Raw or cooked any way. Including eggs eaten at home or restaurant/take away and added to meals like sandwiches, salads, hamburgers and sweets)</i>	1 medium egg (60g)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28. Omega 3 Enriched whole Egg <i>(Raw or cooked any way)</i>	1 medium egg (60g)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vegetables					
29. Spinach <i>(Cooked or fresh in salads)</i>	½ cup or 1 cup of fresh (100g)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30. Cooked Bok Choy	½ cup (100g)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
31. Cooked broccoli	½ cup (100g)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Foods	Serving size	Per day	Per week	Per Month	Rarely (<1/month)/ Never
Vegetables cont.					
32. Seaweed <i>(Including dried and cooked in Asian style soups and meals)</i>	2 sheets	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
33. Vegetarian sausage <i>(Including soy)</i>	2 sausages	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Snacks and sweet					
34. Chocolate OR Chocolate coated nuts/ dried fruit	1 medium bar or 1 row (30g) or ½ cup coated nuts or fruit (100g= 20 almonds/nuts)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
35. Cake or Baked sweets <i>(Homemade or purchased including plain and filled cake, cheesecake, muffin, pudding, Danish, pancake, tart)</i>	1 large serve (100-120g) <i>(= 1 large slice of cake; 1 large muffin; 1 large Danish; 2 pancakes)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
36. Sweet bun <i>(Including plain, fruit filled and finger bun)</i>	1 bun (75g)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
37. Cashews <i>(Roasted and salted)</i>	½ cup (75g = 40 nuts)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
38. Cheese flavoured snacks <i>(eg: Twisties, Cheetos, Cheezels, Cheese tubes)</i>	1 packet (50g)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ready-Made/ foods <i>(If you have already accounted for these foods in the individual items then do not account for them again)</i>					
39. Cheese pastry roll/slice OR Spring roll	1 medium pastry roll/slice (150g) or 1 medium spring roll (70g)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
40. Pizza <i>(Any flavour. Purchased frozen or from pizza chain)</i>	1 large slice (100g)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
41. Quiche <i>(Any flavour. Purchased frozen or commercial)</i>	1 individual quiche or 1 medium slice (120g)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
42. Pie, pastie or sausage roll	1 individual serve (140-180g)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
43. Dim sim	2 dim sims (100g)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
44. Sushi- with seaweed	1 roll	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Salt					
45. Do you use salt in cooking or at the table? (please circle)		NO	YES (if Yes, answer questions 46-47)		
46. If YES, is this salt iodised? (please circle)		NO	YES	UNSURE	
47. What is the average amount of your individual portion of salt used daily? (please circle) <i>Include salt added to cooking and at the table</i>					
	Less than ¼ teaspoon	¼ teaspoon	½ teaspoon	1 teaspoon	More than 1 teaspoon