

**Additional file 1:** *Test methods (single question and 28-item food frequency questionnaire).*

### **Single question**

Your past month's intake of HIGH-FAT takeaway meals.

These questions ask about how often you eat HIGH-FAT takeaway meals only.

It is important that you read the following description:

For the purpose of this question, please consider high-fat takeaway meals as being:  
Any high-fat\* takeaway\*\* meal (hot or cold) that is prepared outside the home and when bought, is ready-to-eat as a meal.

\* What is HIGH-FAT?

'High-fat' means the takeaway meal is high in the unhealthy types of fats that are bad for your health. These are often:

- Fried, deep fried or battered (e.g. fried chicken, fried rice, deep fried/battered fish, hot chips, fried egg)
- Oily
- Include fatty meats (e.g. sausages, frankfurters, bacon, Devon or salami)
- Include a reasonable amount of cheese, butter, sour cream, creamy sauce (e.g. creamy pasta meals), coconut milk, or dressing (e.g. mayonnaise)

\*\* What is TAKEAWAY?

A takeaway meal is defined by where the meal is bought AND eaten.

Takeaway meals are bought from:

- fast food/fast casual restaurants (quick-service chains e.g. McDonald's, Mad Mex, Nando's, Pizza Hut, Subway),
- traditional dine-in restaurants, or
- other takeaway outlets (e.g. bakery, chicken shop, fish/seafood shop).

AND

These takeaway meals are then:

- taken away and eaten at home,
- delivered to the home, or
- eaten outside the home in public areas (such as in a fast food/fast casual restaurant, food court, canteen or cafeteria)

DO NOT INCLUDE meals eaten inside a pub, bar, café or traditional dine-in restaurant (e.g. a restaurant that provides table service).

**IMPORTANT:**

The meal must be at least 50% (half) takeaway, for it to be classified as a takeaway meal. E.g. if the meal is a combination of homemade and takeaway foods, only include it as a "takeaway meal" if it is made up of 50% or more takeaway food.

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Think back over the previous month.

**Over the LAST ONE MONTH ONLY, on average, how many high-fat takeaway meals did you eat?**

- None
- 1 meal per month
- 2 – 3 meals per month
- 1 meal per week
- 2 meals per week
- 3 – 4 meals per week
- 5 – 6 meals per week
- 1 or more meals per day

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### **28-item food frequency questionnaire**

Your past month's intake of ALL takeaway meals.

These questions ask about how often you eat ALL types of takeaway meals (not just the high-fat takeaway meals that the previous question asked about).

Please remember we are only asking about the takeaway meals you ate in the LAST ONE MONTH ONLY.

#### **IMPORTANT:**

You must **CHOOSE ONLY ONE OPTION** for each individual takeaway meal you ate.

If you had a meal that could be allocated to more than one option provided here, still **CHOOSE ONLY ONE OPTION** (choose the option which best matches up with the main component of that meal).

E.g. if you had a "burger and chips" takeaway meal, you can **ONLY CHOOSE ONE** option: "Burger" OR "Potato wedges, French fries or Hot chips". If the meal was made up of mainly hot chips, then choose the "Potato wedges, French fries or Hot chips" option only. If 50% or more of the meal was the burger, then choose the "Burger" option only.

It is very important that you read the following description:

These takeaway meals are defined as being:

Any takeaway\* meal (hot or cold) that is prepared outside the home and when bought, is ready-to-eat as a meal.

\* What is TAKEAWAY?

A takeaway meal is defined by where the meal is bought AND eaten.

Takeaway meals are bought from:

- fast food/fast casual restaurants (quick-service chains e.g. McDonald's, Mad Mex, Nando's, Pizza Hut, Subway),
- traditional dine-in restaurants, or
- other takeaway outlets (e.g. bakery, chicken shop, fish/seafood shop).

AND

These takeaway meals are then:

- taken away and eaten at home,
- delivered to the home, or
- eaten outside the home in public areas (such as in a fast food/fast casual restaurant, food court, canteen or cafeteria)

**DO NOT INCLUDE** meals eaten inside a pub, bar, café or traditional dine-in restaurant (e.g. a restaurant that provides table service).

#### **IMPORTANT:**

The meal must be at least 50% (half) takeaway, for it to be classified as a takeaway meal.

E.g. if the meal is a combination of homemade and takeaway foods, only include it as a "takeaway meal" if it is made up of 50% or more takeaway food.





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	None	1 meal per month	2 meals per month	3 meals per month	1 meal per week	2 meals per week	3 – 4 meals per week	5 or more meals per week
Potato wedges, French fries, Hot chips, or Other fried potato (e.g. hash browns, potato nuggets/gems, potato scallops) (Do NOT include these potato products here if they have already been included in another option. E.g. do not include hot chips if they were eaten with a "Burger" meal, where the burger made up the main part of the meal. Include only when these potato products are eaten as the main part of a takeaway meal.) <sup>†</sup>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fruit salad, or Yoghurt <sup>‡</sup>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
French toast, Hot cakes/pancakes, or Banana bread <sup>†</sup>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Toast (plain, fruit or cinnamon types), Bagel (plain), or English muffin (plain) <sup>‡</sup>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sweet pastries, Sweet muffins, or Croissants <sup>†</sup>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please note: the superscripts above were not provided to the participants and are present here only for the readers of this publication.

<sup>†</sup> High saturated fat takeaway meal items

<sup>‡</sup> Low saturated fat takeaway meal items