Web appendix. The Health Survey for England Individual Questionnaire

Fruit and vegetable consumption

IF Age of respondent >= 5 THEN
VFInt
Now we are moving on to a different topic, and I'd like to ask you a few questions about some of the things you ate and drank yesterday. By yesterday I mean 24 hours from midnight to midnight. First I’d like to ask you some questions about the amount of fruit and vegetables you have eaten
1  Continue

VegSal
Did you eat any salad yesterday? Don't count potato, pasta or rice salad or salad in a sandwich. INTERVIEWER: SALADS MADE MAINLY FROM BEANS CAN EITHER BE INCLUDED HERE OR AT THE NEXT QUESTION.
1  Yes
2  No

IF VegSal = Yes THEN
VegSalQ
How many cereal bowls full of salad did you eat yesterday?
IF ASKED: ‘Think about an average-sized cereal bowl’.
Range: 0.5 - 50.0
ENDIF

VegPul
Did you eat any pulses yesterday? By pulses I mean lentils and all kinds of peas and beans, including chickpeas and baked beans. Don't count pulses in foods like Chilli con carne.
1  Yes
2  No

IF VegPul = Yes THEN
VegPulQ
SHOWCARD H1
How many tablespoons of pulses did you eat yesterday?
IF ASKED: ‘Think about a heaped or full tablespoon’.
Range: 0.5 - 50.0
ENDIF

VegVeg
Not counting potatoes, did you eat any vegetables yesterday?
Include fresh, raw, tinned and frozen vegetables.
1  Yes
2  No

IF VegVeg = Yes THEN
VegVegQ
SHOWARD H1
How many tablespoons of vegetables did you eat yesterday?
IF ASKED: ‘Think about a heaped or full tablespoon’.
Range: 0.5 - 50.0
ENDIF
**VegDish**

*Apart from anything you have already told me about, did / Did you eat any other dishes made mainly from vegetables or pulses yesterday, such as vegetable lasagne or vegetable curry? Don't count vegetable soups or dishes made mainly from potatoes.*

1. Yes
2. No

**IF VegDish = Yes THEN**

**VegDishQ**

SHOWCARD H1

How many tablespoons of vegetables or pulses did you eat in these kinds of dishes yesterday?

IF ASKED: 'Think about a heaped or full tablespoon'.

Range: 0.5 - 50.0

**ENDIF**

**VegUsual**

Compared with the amount of vegetables, salads and pulses you usually eat, would you say that yesterday you ate...

...READ OUT...

1. less than usual,
2. more than usual,
3. or about the same as usual?

**FrtDrnk**

Not counting cordials, fruit-drinks and squashes, did you drink any fruit juice yesterday?

1. Yes
2. No

**IF FrtDrnk = Yes THEN**

**FrtDrnkQ**

How many small glasses of fruit juice did you drink yesterday?

IF ASKED: 'A small glass is about a quarter of a pint'.

Range: 0.5 - .50.0

**ENDIF**

**Frt**

Did you eat any fresh fruit yesterday? Don't count fruit salads, fruit pies, etc.

1. Yes
2. No

**IF Frt = Yes THEN**

**FOR idx:= 1 TO 15 DO**

**IF (idx = 1) OR (FrtMor[idx-1] = Yes) THEN**

**FrtC[idx]**

What kind of fresh fruit did you eat yesterday?

INTERVIEWER: USE THE FRESH FRUIT SIZE LIST IN YOUR SHOWCARDS/CODING FRAMES TO CODE THE SIZE OF THIS FRUIT. IF MORE THAN ONE KIND OF FRUIT MENTIONED, CODE ONE HERE ONLY

1. Very large fruit
2. Large fruit
3. Medium-sized fruit
4. Small fruit
5. Very small fruit
6. Not on coding list
IF FrtC[idx] IN [VLge..VSml] THEN
  IF FrtC[idx] = VLge THEN
    much:= 'many average slices'
  ELSEIF FrtC[idx] IN [Lge..Sml] THEN
    much:= 'much'
  ELSEIF FrtC[idx] = VSml THEN
    much:= 'many average handfuls'
  ENDIF
ENDIF
FrtQ[idx]
  How much of this fruit did you eat yesterday?
  Range: 0.5-.50.0
ELSEIF FrtC[idx] = NotLst THEN
  FrtOth[idx]
    What was the name of this fruit?
    Text: Maximum 50 characters
  FrtNotQ[idx]
    How much of this fruit did you eat?
    Text: Maximum 50 characters
ENDIF
IF idx < 15 THEN
  FrtMor[idx]
    Did you eat any other fresh fruit yesterday?
    1 Yes
    2 No
ENDIF
ENDIF
ENDDO
ENDIF
FrtC to FrtMor repeated for up to 15 different types of fruit

FrtDry
Did you eat any dried fruit yesterday? Don't count dried fruit in cereal, cakes, etc.
  1 Yes
  2 No
IF FrtDry = Yes THEN
  FrtDryQ
  SHOWCARD H1
    How many tablespoons of dried fruit did you eat yesterday?
    IF ASKED: 'Think about a heaped or full tablespoon'.
    Range: 0.5-.50.0
ENDIF

FrtFroz
Did you eat any frozen or tinned fruit yesterday?
  1 Yes
  2 No
IF FrtFroz = Yes THEN
    FrtFrozQ
    SHOWCARD H1
    How many tablespoons of frozen or tinned fruit did you eat yesterday?
    IF ASKED: 'Think about a heaped or full tablespoon'.
    Range: 0.5-.50.0
ENDIF

FrtDish
Apart from anything you have already told me about, did/Did you eat any other dishes made mainly from fruit yesterday, such as fruit salad or fruit pie? Don't count fruit in yoghurts.
    1 Yes
    2 No

IF FrtDish = Yes THEN
    FrtDishQ
    SHOWCARD H1
    How many tablespoons of fruit did you eat in these kinds of dishes yesterday?
    IF ASKED: 'Think about a heaped or full tablespoon'.
    Range: 0.5-.50.0
ENDIF