

Date:

Participant Number: _____

Glasgow Iodine Food Frequency Questionnaire

If you drink milk, how often and how do you drink it?

Tick **one** column for each food (per day, per week or per month)

	Per day (servings)				Per week			Per month	
	6+	4-5	2-3	once	5-6	2-4	once	1-3	Less than once
With tea / coffee									
In breakfast cereals									
In chocolate, cappuccino, horlick drinks									
Just as it is (i.e. glass/cup of milk)									

How often are you consuming organic milk?

Never Sometimes Often Always

How often do you eat these foods? Tick one column for each food (per day, per week or per month)

	Per day (servings)				Per week			Per month	
	6+	4-5	2-3	once	5-6	2-4	once	1-3	Less than once
Oil-rich fish (eg salmon, mackerel, sardine, tuna, herring)									
White sea-fish									
Seafood other than fish (inc. prawns, shellfish, seaweed)									
Cheese (hard or soft)									
Cheese-based dishes (i.e. pizza, sandwich, cauliflower cheese...)									
Yoghurts									
Milk or cream-based puddings (eg custard, ice cream)									
Broccoli									
Cabbage, Brussels sprouts, cauliflower, kale									
Turnip, pak choi, swede									
Beansprouts, sweet potatoes									
Soya products (i.e. tofu, soya milk, veggie burgers)									

At the table do you:

	YES	NO
- generally add salt to food without tasting first		
- taste food and then generally add salt		
- taste food but only occasionally add salt		
- rarely or never add salt at table		

Which salt brand do you use most often? _____