









QUESTION CARDS

Keep this brochure handy! If you choose to participate, it will help you to answer some of the questions during our phone call.

- | | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Rarely/
Never | 1-2 per
week | 3-4 per
week | 5-6 per
week | 1 per
day | 2+ per
day |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
- | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| 1 – None
of the time | 2 | 3 | 4 | 5 – All of
the time |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
- | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| 1
Not at all | 2 | 3 | 4 | 5
Very much |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
- | | | | | | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| 1
Not at all | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10
Extremely |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

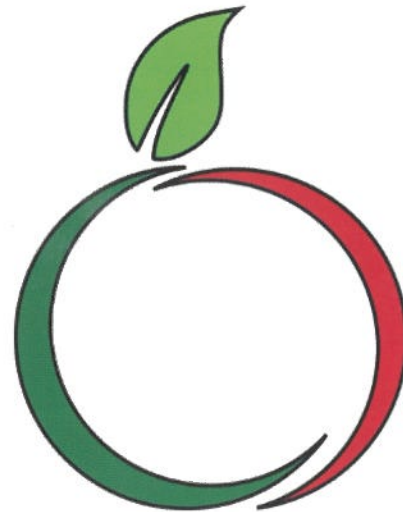
SERVING SIZE GUIDES ALCOHOL

				
1 30ml High Strength Spirit Nip 40% Alc. Vol	1.5 375ml Full Strength Pre-mix Spirits 5% Alc. Vol	1.4 375ml Full Strength 48% Alc. Vol	0.8 375ml Low Strength 27% Alc. Vol	1 375ml Mid Strength 35% Alc. Vol
				
1.1 285ml Full Strength 4.8% Alc. Vol	1.6 425ml Full Strength 4.8% Alc. Vol	1.5 150ml Average Restaurant Serving of Red Wine 13% Alc. Vol	1.4 150ml Average Restaurant Serving of White Wine 11.5% Alc. Vol	1.4 150ml Average Restaurant Serve of Champagne 12% Alc. Vol

These are only an approximate number of standard drinks.
Always read the container for the exact number of standard drinks.



If you are interested in taking part in this project, please get in touch!



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Get Healthy Study Serving Size Guide and Question Card



Supporting people to lead a
healthy lifestyle

FRUIT

Small fruits

1 serving is
2 mandarin oranges, 2 kiwis,
2 plums or similar size fruit



Medium fruits

1 serving is
1 apple, 1 banana, 1 orange,
1 pear or similar size fruit



Large fruits

1 serving is
½ grapefruit, 1 slice of melon,
1 slice of pineapple, 2 slices of mango



Berries

1 serving is
6 strawberries, 10 grapes/cherries or
16 raspberries



Tinned and cooked fruit

1 serving is
⅓ cup of fruit tinned in own
juice or stewed fruit



Dried fruit

1 serving is
1 heaped dessertspoon of raisins or
sultanas, 2 figs, 3 prunes or
1 handful of dried banana chips



VEGETABLES

Cooked vegetables

1 serving is
½ cup of cooked vegetables,
fresh, frozen or tinned



Salad vegetables

1 serving is
1 bowl of mixed salad, 1 medium
tomato or 5cm piece of cucumber



OTHER FRUIT AND VEGETABLES

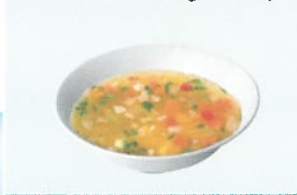
Juices and smoothies

1 serving is
1 glass (150ml) of unsweetened 100% fruit
or vegetable juice can count as a portion.
But **only one glass** counts, further glasses of
juice don't count toward your total 5-A-DAY



Soup

1 serving is
1 bowl homemade vegetable soup



GRAINS AND CEREALS

Rice and pasta

1 serving is
1 cup cooked rice, pasta,
noodles or couscous



Bread

1 serving is
2 thin slices wholemeal bread, 1 ½ slices
wholemeal soda or 1 pitta pocket



Potato

1 serving is
2 medium or 4 small potatoes



Cereal flakes

1 serving is
1 cup flaked type breakfast cereal



Porridge and muesli

1 serving is
½ cup dry porridge oats or ½ cup
of unsweetened muesli



Measure up

Dessertspoons and
disposable plastic cups are handy
ways to check serving sizes.



DAIRY OR ALTERNATIVES

Milk

1 serving is
1 glass (200ml) milk



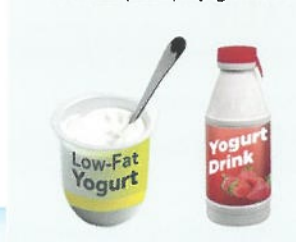
Cheese

1 serving is
2 thumbs width and depth (25g)
of hard or semi-hard cheese such
as cheddar or edam, or soft cheese
such as brie or camembert



Yogurt

1 serving is
1 small pot (125g) yogurt
or 1 bottle (200ml) of yogurt drink



PROTEIN

Meat and poultry

1 serving is
50–75g cooked lean meat
(half size of palm of hand)



Fish

1 serving is
100g cooked fish



Eggs

1 serving is
2 eggs



Beans, peas and lentils

1 serving is
¾ cup or 6 dessertspoons



Nuts and seeds

1 serving is
40g nuts or seeds



OILS

Reduced-fat or light spread

1 serving is
1 portion pack reduced-fat or light
spread for 2 slices of bread



Oil

1 serving is
1 teaspoon of oil per person when cooking

